

# P.E. GUIDELINES

## P.E. IS EVERYDAY!!

### GYM RULES

- \* Participate and have fun
- \* Wear tennis shoes
- \* Play fair and cooperate
- \* Be safe at all times
- \* Be kind to others
- \* Use self-control
- \* Take care of equipment
- \* No gum, candy or food

### DRESS CODE

All students must wear comfortable athletic shoes that provide foot and ankle support. It is important that the student's feet DO NOT come out of the shoe while they are moving and participating in activities. HeyDude, crocs sandals, slippers, sperrys, dress shoes, boots are NOT athletic shoes. If your child will be wearing one of the above shoe, please pack your child a pair of athletic shoes (and socks) to change into for P.E. Wearing proper footwear ensures that your student will have a safe and successful P.E. experience. In the event that a student does not wear or brings athletic shoes, the student will refrain from the active physical education activities due to safety concerns and will participate in an alternate activity. Failure to wear appropriate foot wear will result in a lower participation grade.

In addition, please make sure your child wears appropriate clothing for vigorous activities. Blouses, shirts must be long enough not to show any midriff when arms are raised. Girls should wear shorts under dresses or skirts. Jackets and /or hoodies are not needed in the gym, unless the activity for the day is outside and the weather is cool.



### Health

Throughout the year, health will be taught during your child's P.E. class for grades K through 5th. Subject areas will be centered on the Health TEKS (Texas Essential Knowledge Standards) for your child's grade level. Grades are based on participation.

### NOTES FOR NON-PARTICIPATION

It is important that if your child has been sick or injured, and you do not want them to participate in P.E., that you send a note. This note will excuse them from any physical activity for up to 3 days. After 3 days, an official doctor's note is required not to participate in P.E. The following information should be included in the note.

Describe the reason for not participating in P.E. What is the nature of the illness or injury?

How many days will your child be out of P.E. (Remember: up to 3 days without a doctor's note.)

What is the best way to contact you should there be any follow-up questions.

The school nurse will also be aware of any injury or illness concerning your child. Please understand that a note not to participate in P.E. is also a note to not participate in recess.



## **GRADING**

P.E. and health grades are based on participation. If an infraction occurs, points will be deducted from their weekly grade. An infraction is considered as, but not limited to: not wearing appropriate footwear, inappropriate behavior, refusal to participate in stretching or the lesson of the day.

### Grades 1st through 5th

Grades are calculated on a weekly average from daily participation. Lack of effort during stretching will result in points off their participation grade for the week. Infractions that occur due to behavior will result in 5 points being deducted from the daily grade of 100. Students who display inappropriate behavior will lose participation time which will cause the deduction of 5 points from their daily grade. Students who do not have appropriate shoes or refuse to participate will receive a grade of 70 for that day.

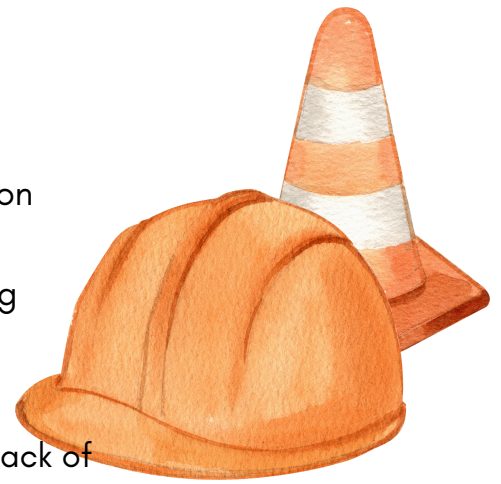
### Kindergarten

0-2 infractions = E - Consistently behaving and participating (Excellent)

3-4 infractions = S - Most times behaving and participating (Satisfactory)

5-6 infractions = N - Sometimes behaving and participating (Needs Improvement)

7 infractions = U - Rarely behaving and participating (Unsatisfactory)



## **DISCIPLINE**

Students who display inappropriate behavior and/or do not follow the listed gym rules will lose participation time which will cause points to be deducted from their grade.

Consequences for actions that occur during one class time:

1st warning - redirection

2nd warning - teacher / student dialogue about student's actions along with contemplation of actions while walking the wall for a set period of time

3rd warning - student and teacher making parent contact along with contemplation of actions while walking the wall for the rest of the class period

Unfortunately, there may be times when an incident is referred to the principal. Parent contact will be made by the teacher and/or the principal.