

East Middle School Physical Education/Health/Total Well Being

Welcome to the Physical Education Department. Our goal as a department is to strive and teach our students about health, fitness, and lifelong activities. We have high expectations for our students here at EMS. We would like to make you aware of the requirements in the Physical Education Department to help our students have a successful year.

East Middle P.E. Staff:

Ras Vanderloo- P.E. /EMS Athletic Director- vanderr1@live.siouxcityschools.com

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*All EMS P.E information can be found at our department website: www.emsterzo.weebly.com

*General Requirements:

-Every student is required to dress out for Physical Education **every day**.

-Every student should read the P.E. white board when they enter hallway to see any announcements they need to know for class. (Example- going outside or rotating gyms)

-Absolutely no cell phones, computers, allowed in the PE locker rooms or gyms.

*Clothing:

You must be dressed in proper PE attire daily. Students should have an extra set of clothes they keep in their P.E. locker in case they forget their clothes at home. If they do not have clothes, they will be **REQUIRED** to borrow clean clothes or shoes from the P.E. department for the day. **Refusing to dress out is not an option and will result in grade deduction and referral.**

Dress Code:

- a. **Plain** white, gray, orange or black shirt. Or a white, gray, orange or black East shirt.
- b. Your first name should be written on the front, last name written on the back in permanent marker or fabric paint. We will have time to do this during class as a group.
- c. Black, blue, or grey shorts, sweatpants, or leggings.
- d. Sneakers with laces. No crocks, sandals, or Dudes.
- e. If for any reason you are unable to purchase PE clothing or a master lock, please see your PE teacher and we will work something out for you to help provide materials for the year.
- f. Be prepared for all weather conditions with the proper clothing. We will be going outside, even if it is chilly so dress accordingly, especially 1st-3rd periods.
- g. Many times, the grass on the field is wet, so you may want to bring another pair of socks and sneakers to wear so you do not have wet feet all day. Especially 1st-3rd periods.
- h. Borrowing Clothes Policy- If students forget their PE clothes, they will be required to borrow clean clothes or shoes from the PE teachers. If students are not prepared and borrow clothing consistently, they will be required to serve lunch detention.

*Showers

- a. Showers in the locker room will not be used.
- b. Deodorant should be stored in P.E. lockers and used daily.
- c. No glass containers allowed in the locker room. Ex. Perfume/cologne
- d. No aerosol cans allowed in locker room. Ex. Ax Body spray

*Lockers, Locker room and Procedures

- a. You will be assigned a small locker for your physical education clothes. Do not give this combination to anyone! Each student must provide their own master padlock for their locker.

The small lockers are assigned for the entire year use. You **MAY NOT** share a locker with anyone. If you are having trouble buying a lock, see your PE teacher to borrow one for the year.

- b. Lock up your school clothes before going to the gym. You are responsible for your own valuables. **Double-check your P.E. clothes are in your locker and the lock is locked before you leave at the end of the period.**
- c. **If you don't lock up your clothes or lock your locker, your belongings WILL BE STOLEN!!!!**
- d. Leave all watches, rings, etc. locked up while participating in class so they are not lost or broken.
- e. No horseplay such as pushing or shoving in locker room.
- f. Inappropriate language in locker rooms will not be tolerated.
- g. Failure to follow all locker room rules will result in no longer being allowed to use locker room or lockers. You will be required to change in the hallway restroom.
- h.

***Daily Procedures:**

- i. You may not cut through the gym coming or leaving from class. Use back Pe hallway.
- j. Report all injuries that occurred in class immediately to one of the Physical Education teachers.
- k. At the beginning of class, after you have dressed, go to your designated gym, and **SIT** in your attendance spot. At the end of class, you will have 8 min. to get dressed. After dressing, go into the back hallway and **SIT** on the benches until the bell rings.
- l. Cell phones/ear buds are **NOT** allowed in the locker rooms or gyms, if any of these items are used, the student will be written up for cell phone violation. Drinks, food, candy, and gum are not allowed in the gym or locker area.
- m. Students will use safe, respectful behavior and language while using the locker room, gym, and hallways.
- n. -Water bottles should stay in backpack till the end of class.
- o. -Backpacks are not allowed in locker rooms. They will be put on benches in the back hallway.
- p. -Do not touch or move any backpacks on the benches if it does not belong to you.

***Medicals**

- a. A medical excuse from your doctor dismisses you from activities for a prescribed time. You will report to your teacher for attendance then go into the back hallway to work on homework. You must have a note from your doctor to excuse you from P.E activities.
- b. A note from a parent/guardian may excuse you **for that day only**. When the student is able, the missed classes will need to be made up. Doctor's notes will excuse the student from making up class.
- c. If you use an inhaler, please bring it with you to class at all times. If you have any medical issues or concerns that may arise during P.E. class, please make sure to make sure to let your P.E. teacher aware.

***Make-Ups**

- a. Students may make up a missed class before or after school, up to two weeks after the day that they were absent. Making-up class is only allowed for an absence, not for a low grade due to lack of effort or behavior.
- b. ISS and OSS days will need to be made up. The student will receive a zero for all classes that are missed until a make-up is done.

- c. Make ups are not required for medical excuses, dental appointments, school business, funeral, or court appearance but we must have a note from the doctor.

***Grading**

- Points are earned on a daily basis of 100 points per class period. Grades are based on:
 - a. Attendance
 - b. Participation
 - c. Attitude/effort
 - d. Skills test
 - e. Written test
 - f. Tardy- each student must be in the locker room before the bell rings or they will be counted late. Students then have 5 minutes to dress and be on their assigned spot.
 - g. Dressing out-student must have the correct shoes, shirt, short or sweatpants to receive points. After your third borrow you will be deducted points.
 - h. Any student who refuses to dress out or borrow clothes will receive a 0 for the day and be written a referral.
 - i. Fitness Gram Testing- Twice a year- graded on improvement and effort
Pacer Test Curl-ups Push-ups Sit and Reach

Grade Grading Scale:

A-90-100 B-80-89 C-70-79 D-60-69 F- 59-BELOW

Health Curriculum

6th grade-

- Personal Health
- Food and Nutrition
- Environmental Health

7th Grade-

- Consumer Health
- Family Life
- Safety and first aid

8th Grade-

- Human Growth & Development
- Substance abuse
- Emotional/ Social health
- Communicable Disease

Please sign, cut, and return the bottom portion

Please return this form to the Physical Education Department.

Student's Name _____ Grade 6 7 8

Student's PE Teacher _____ class period _____

Your Student Needs:

- PE shirt-White, Grey, Orange, or Black
- Sneakers
- Shorts, Sweat pants, or Leggings-Black, grey, or blue
- master lock

We have read and understood the Physical Education expectations at East Middle.

Parent/Guardian _____ Date _____

Student _____ Date _____