

CNMS PHYSICAL EDUCATION CLASS
POLICIES AND PROCEDURES
CNMSPE.WEEBLY.COM
@CNMS_PE

EXPECTATIONS

- All students must be in the locker room by the time the tardy bell rings.
- All students will have 5 minutes to get dressed in proper uniform and be seated in their attendance spot in the hallway outside of the locker room. Students are not to enter the gymnasium without permission from the teacher.
- Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.
- No student is to leave the class, gym or locker room areas without permission from the teacher.
- Students are not to move or touch physical education equipment until instructed to by the teacher. Abuse, destruction or misuse of physical education equipment will not be tolerated.
- Obscene language, gestures, harassment or disrespect will not be tolerated.
- No food, gum or drink is permitted in the gymnasium or locker room during PE class.

PROPER DRESS

- All students are required to wear the appropriate Physical Education uniform that can be purchased through the Physical Education Department. Costs: shirt \$5/shorts \$11 or entire uniform \$16
- All students are required to wear socks and athletic shoes (laces tied).
- The uniform should not be worn over leggings, jeans, or any other street clothing unless special permission is granted. Jackets and sweatshirts are permitted when there are outdoor activities in cool temperatures. Students must still wear the required shirt under the jacket or sweatshirt.
- Failure to follow the required dress code will result in a loss of points.
- Jewelry of any kind is not permitted to be worn during class. Post earrings will be allowed.
- Students are **STRONGLY** encouraged to take their PE uniforms home on a regular basis to be washed. All students are required to take their uniform home with them on the last day of the school week.

LOCKER ROOM- *Get in, get dressed and get out.*

- Each student will be issued a lock and locker for Physical Education class. Sharing of lockers is not permitted.
- Once class begins, no student will be allowed back into the locker room without permission from the teacher.
- All valuables and belongings must be locked in the student's PE locker during class. The PE staff is not responsible for lost or stolen articles.

CLASS PARTICIPATION

- All students are expected to participate in class on a daily basis. Students will receive points for participating in activities on a daily basis. It is understood that on occasion there might be circumstances that may prevent a student from full participation:
 - Temporary Excuse: Parents may send a note requesting that their child be excused due to a minor illness or injury. A parent must write a new note each day. After three days of parent notes, a doctor's note will be required.
 - Temporary Medical: If a student has an unforeseen medical situation, a form signed by a **medical physician** indicating the limitations of student participation is required.
 - Permanent Medical: When a student has a permanent physical injury or disability, an adaptive program of activities will be available or the student may be assigned to study hall.
 - **NOTE: Although the student is excused from full participation, they should be dressed in their regulation uniform. If they are able to participate in non-stressful activities such as stretching or walking, they will be expected to participate in those activities. If a student cannot participate in any activity, an alternative paper- pencil activity will be assigned.**
- Notes excusing a student from participation must be presented to the teacher before the class activities begin, not after class begins.