

**GOLF MIDDLE SCHOOL
DISTRICT
67**

**PHYSICAL EDUCATION
POLICIES & PROCEDURES**

Dear students and parents,

Welcome back to a new school year. We are looking forward to a successful and enjoyable year.

The following is an outline of grading procedures, requirements, and policies students will be asked to follow. We encourage parents and students to read this together carefully. Please sign, date, and return to your physical education teacher.

LOCKER ROOM RULES:

1. Walk in the locker room: **NO RUNNING**
2. Lock up all personal belongings everyday.
3. Do not share lockers or combinations with one another.
4. Students' name must be on their uniform. Do not wear another students' gym clothes.
5. No misuse of water or other horseplay.
6. Respect other students and the facilities. Keep noise level down.

GRADING: 5 points are earned daily for dressing appropriately, being on time to class, and sportsmanship and attitude. Grades are also based on the following criteria:

1. Skill acquisition
2. Written tests
3. Monthly Exercise Journal

A study sheet will accompany units that you will be tested on. Written tests are based on the material from the study sheets and information discussed in class.

Locks will be handed out the first week of school. Each student will be responsible for his or her own lock. Gym shoes are required for gym. **During cool weather when classes are held outside students are required to wear warmer clothing such as sweat pants, sweatshirts, or jackets.**

DISCIPLINE: GYM RULES

1. Students are to be dressed in P.E. uniforms and sitting quietly in their assigned row within the time frame given.
2. Follow directions the first time they are given.
3. When your instructor is talking, you are to be silent and respectful towards them.
4. Keep hands, feet, and other objects to yourself.
5. Raise your hand and wait for permission to speak.
6. 3 unexcused tardies will result in a detention.
7. Students that are removed from an activity for behavioral reasons will complete the behavioral log. (explained in class)

EXTRACURRICULAR ACTIVITIES:

A \$40.00 activity fee covers all activities.

Intramurals are held at recess. More information will be announced during P.E. classes.

6th Grade: Club activities are held during the school year.

Interscholastic are held after school

1. Tryouts and team selections are held
2. **Physical exam and parent permission form must be on file before tryouts.**
One exam is needed per school year.
3. Sports activities for girls:
 - a. Soccer:
Junior Varsity consists of 6th and 7th graders
Varsity consists of 8th graders
 - b. Basketball
Junior Varsity consists of 6th and 7th graders
Varsity consists of 8th graders
 - c. Wrestling:
5th, 6th, 7th, & 8th grade
 - d. Cheerleading:
8th grade basketball cheerleaders only. 7th grade cheering clinic in spring.
 - e. Volleyball:
Junior Varsity consists of 6th and 7th graders
Varsity consists of 8th graders
 - f. Track and Field:
7th & 8th graders are selected from intramural tryouts and will compete in a one-day township track meet.
4. Sports activities for boys:
 - a. Soccer:
Junior Varsity consists of 7th graders (Possibly 6th if needed)
Varsity consists of 8th graders

- b. Basketball:
Junior Varsity consists of 7th graders
Varsity consists of 8th graders
- c. Wrestling:
5th, 6th, 7th, and 8th grade
- d. Track:
7th & 8th grade are selected from intramural tryouts and will compete in a one-day township track meet.
- e. Volleyball:
Junior Varsity is for 7th grade
Varsity is for 8th grade.

ADDITIONAL INFORMATION:

1. In the interest of the students' safety, no food, gum, or candy should be eaten in the locker room, gym, or outdoors during physical education.
2. Students can be excused from participating in physical education activities for ONE day with a parental note. If it is necessary for a student to be excused for more than one day, Illinois State Law requires instructors to have a doctor's excuse.
3. Students not participating in class will complete a reading and written assignment that may earn partial credit for that day. This will be explained in class.
4. Physical education is a class that has a certain amount of strenuous activity. For the reason of health, safety, and hygiene, a dressing policy will be enforced. This policy states that any individual not dressing properly will receive a zero for that day in the grade book.
5. Three no dresses will result in a phone call home.
6. If a student comes unprepared for class a rental uniform will be available to them at the cost of \$.50 for a shirt and / or \$.50 for a pair of shorts.
7. Three unexcused tardies will result in a detention.
8. If a student needs to see the nurse he or she MUST have a pass to get there. Students are not allowed to stop by the nurses' office during passing periods unless they have a pass.
9. Students will be using Polar Heart Rate Monitors throughout the year. For personal hygiene students will purchase their own straps. The cost per student will be \$4.50. If you have any questions or concerns please feel free to contact Mr. Atwood or Mrs. Vojack.

Thank you for your support,
Sincerely,

Mrs. K. Vojack
Girls' Physical Education Teacher

Mr. K. Atwood
Boys' Physical Education Teacher

Student
Name _____

Parent
Signature _____

Date _____