

SALIDA MIDDLE SCHOOL PHYSICAL EDUCATION CLASSROOM EXPECTATIONS

BE RESPECTFUL

- **I will** keep my hands, my feet, and other objects to myself.
- **I will** allow everyone to participate without disruptions.
- **I will** use language that is respectful to everyone.
- **I will** respect other people's belongings including the teachers'.

BE RESPONSIBLE

- **I will behave in a SAFE manner for myself and others AT ALL TIMES.**
- **I will** be responsible for my own behavior.
- **I will** dress quickly into my P.E. Clothes and take care of my restroom and water needs.
- **I will** keep my P.E clothes and valuable belongings in my assigned locker. *(The school and P.E. Department will not take responsibility for lost, stolen or damaged belongings of students.)*
- **I will** only use my assigned locker and lock and **NOT** share P.E. clothes with anyone.
- **I will** keep my locker clear of graffiti, mirrors, stickers and other decorations.
- **I will not** have any glass containers in the locker room, for the safety of yourself and others.
- **I will not use any curling irons, aerosol or pump spray products such as: Axe, Tag, Bod, etc. I understand if I do it will be taken away and not given back.**
- **I will** use the lock issued to me. Unauthorized locks will be cut off.
- **I will not** consume any food, beverages, or candy in the locker room. **WATER** only inside the locker room.
- **I will be** charged \$6.00 for the replacement of a lost or damaged lock.
- After class activities, **I will** dress quickly, clean my locker area, return loaner clothes and go to the designated area to wait to be dismissed.

BE READY

- **I will** be in the locker room by the time the tardy bell rings.
- **I will** have **(5)** minutes after the tardy bell rings to get dressed in my PE clothes, and get to my roll call number or I will be considered tardy. **STUDENTS THAT ARE TARDY TO THE LOCKER ROOM OR TO THEIR ROLL CALL NUMBER (6) TIMES IN ONE TRIMESTER WILL EARN A "U" FOR CITIZENSHIP.**
- **I will** be sitting on my roll call number ready for my teacher to take attendance.
- **I will** stay on my assigned roll call number throughout roll and exercises.
- **I will** be active and participate to the best of my ability daily.
- **I will** be a good sport, and play by the established rules.
- **I will** ask for permission to leave class to use the restroom or get a drink during class time.

CONSEQUENCES FOR CHOOSING TO BREAK THE ABOVE RULES:

1. Verbal warning
2. Parent contact/detention
3. Office Referral

AUTOMATIC REFERRALS WILL BE GIVEN FOR THE FOLLOWING:

- Physical Altercations, severe classroom disruptions, and endangering the safety of others

MEDICAL EXCUSE

- Daily participation is **required**.
- A student who needs to be excused from participation because of illness or injury **MUST** bring a note from home.
- After the third consecutive day, a doctor's note is required.
- **UNLESS A STUDENT IS MEDICALLY EXCUSED, HE/SHE IS STILL REQUIRED DRESS IN THE REGULAR PHYSICAL EDUCATION UNIFORM.**
- The teacher may assign an alternative activity with consideration for the illness or injury.

PE UNIFORMS

- The SMS PE t-shirt and shorts are available at the student store.
- Students can wear sweatpants instead of shorts. Students can purchase the SMS sweats or buy them elsewhere. If purchasing sweats elsewhere, please remember to purchase inexpensive cotton fleece material in **BLACK, NAVY BLUE, ROYAL BLUE, GRAY, or WHITE**. Nylon sweat suits, expensive sweats, and "rip away" sweats are not allowed.
- No logos can be worn. You may not wear any clothing inside out.
- Leggings may be worn; however, **P.E. SHORTS MUST GO OVER LEGGINGS.**
- Altered or severely ripped PE clothes will not be allowed. Students will need to purchase new items.
- Shoes must be tightly fastened laced up athletic shoes. Velcro strapped athletic shoes are allowed. Croc style shoes are not allowed.
- All PE clothes must be marked on the name bar with a black permanent marker with your first and last name, and with no other markings. Hoodies can be marked on the inside tag.

LOANER CLOTHES

- Loaner Clothes are available for students who are not prepared with their uniform on a first come first serve basis.
- **Loaner clothes are available on Monday and Tuesday only.**
- Loaner clothes can be used two (2) times per six (6) week period without receiving a "non-dress".
- Failure to return loaner clothes will result in loss of loaner clothes privileges during that six week grading period.

NON-DRESS

- Not wearing my appropriate P.E. clothes, tightly fastened laced up athletic shoes, & name on the appropriate items) will result in a non-dress
- Wearing visible under clothing other than solid gray, white, royal blue, navy blue, or black will result in a non-dress
- Using loaner clothes more than two (2) times in a six (6) week period will result in a non-dress
- Failing to remove all of your "school clothes" and coats/jackets will result in a non-dress

CONSEQUENCES FOR A NON-DRESS

- 1st non-dress: Warning/Parent contact.
- 2nd non-dress: Lunch detention
- 3rd non-dress: After school detention
- 4th non-dress: Office referral

Grading Policy

Physical Education

Grades are determined on a point system. The points are then changed into a percentage. Grades are then determined using **55% for daily participation, 25% for written work, and 20% for timed runs** to equal **100%**.

- ☒ Each day of the trimester, physical education is worth 10 points. Daily participation, effort, and behavior is worth 55% of the student's grade.
- ☒ In each trimester, a student should expect to do writing assignments, homework assignments, presentations, keeping Google Classroom assignments up to date, tests or projects. These components are worth 25% of the students' grade.
- ☒ All 1600 meter runs, endurance runs (markers) are worth 20 % of the student's grade.
Walking/lack of effort on graded run days will significantly lower a student's grade.

Grading Scale Percentages:

100%-90%=A
89%-80%=B
79%-70%=C
69%-60%=D
59%-0% =F

Participation Grade:

Students can earn up to 10 points daily.. It is the student's responsibility to maintain as many points as possible. Points will be deducted for poor participation, or violations of class rules. Some examples of infractions are: not participating during warm-up exercises, daily warm-up run, or daily activity, and inappropriate behavior in class.

Make-up Work:

Make-ups are required for absences, parent's notes, and doctor's notes. Any student with excessive absences is in danger of failing the class. It is the student's responsibility to obtain work missed and to arrange for make-ups. Missed timed runs for absences and notes will need to be made up during that grading period to receive credit. The teacher will arrange the make-up times for timed runs.

Citizenship Grade:

In order to earn an Outstanding Citizenship Grade, students must not have received a non-dress, a detention, or a referral during the trimester. They must also add to the positive atmosphere of the class. A student will receive an **Unsatisfactory Citizenship Grade** for earning two detentions or a referral during a trimester. **Six tardy marks to roll call in a trimester will also result in a U for the citizenship grade.** A disruptive, negative, or uncooperative student may be suspect to a "U" grade even without receiving a detention or a referral.

PE Make-Up Assignment Instructions

1. If you are here, you are here to make up participation points for the day of your excused absence. **You have two class sessions after your absence to make up this workout.**
 - a. Excused absences include:
 - Medical appointments - must have a parent email
 - Sick/Injured- must have a parent email
 - Family emergency- must have a parent email
2. If you are injured and can't participate in physical activity, you **MUST** submit a Doctor's note excusing you from physical activity.
3. If your absence is **NOT EXCUSED**, you are **NOT** eligible for a make-up assignment.
4. If you want to make up points for the day of your absence and your absence is **EXCUSED**, you must record and submit a video of yourself working out to a video from the list of workout videos.

Written Instructions for:

How To Record Yourself While Working Out To The YouTube Video

1. Open google classroom → go to your P.E. class
2. Find the physical activity that you missed on the day of your absence
3. Open the workout video in a **NEW** tab.
4. Open your camera on your chromebook.
5. Split your screen by clicking anywhere in the browser and holding → alt+[
6. Click on your camera window and hold → alt+]
7. Once you split your screen and have your workout video and camera side by side press video on your camera and then press the record button.
8. Once you press the record button, play the workout video.
 - a. ***IMPORTANT: Make sure you are in camera view.. If I CAN'T see you, I CAN'T grade you.***
9. Once you are done with your workout video, stop recording. (Your video will be saved to your chromebook)
10. You will then close your workout video tab and **MINIMIZE** your camera window.

How To Rename Your Video

1. Search “Files” → My files → Downloads → Select video → Right click → Rename your video
2. Rename your video with your last name, first name, and date of absence
 - a. Example: Smith, John; Date of Absence: 8/20/2023

How To SUBMIT Your Recorded Workout

1. Go to your P.E. class on google classroom
2. Go to classwork → make-up assignment topic
3. “Excused Absence - Submit Recorded Workout Here”
4. Add/Create → Select file→ Upload → Browse → My files → Downloads
5. Find and select your recorded workout video → Open → Turn in
6. In the private comment section, include the date of absence.

Salida Middle School Physical Education

Make-Up Assignments by teacher permission only

Make-ups are required for all doctor's notes that limit all physical activity and may be used for Independent Study as well.

There are two ways to make up the days missed while on a doctor's note. Spectator or knowledge activities are acceptable. All work should be handwritten and in your own words, make sure not to cut and paste, which is plagiarism.

Spectator Activity

Observe, in person, via TV, or from a recording, one of the following sporting events and write a one-page summary. These events can take place at the Jr. High, High School, College, or Professional level. Any of the following activities are acceptable. Football, soccer, cross-country, running, tennis, volleyball, basketball, softball, baseball, wrestling, track and field, swimming, or student choice with teacher approval.

Knowledge Activities

- A. Read an article related to health, fitness or sport, and write a one paragraph summary (five complete sentences minimum) about that article. Please include the title and your source of information.
- B. Read a short biographical sketch about a noted sports figure and write a one-paragraph summary (five complete sentences minimum)
- C. List and define 15 terms from any sport (must use complete sentences)
- D. List and explain ten rules from any sport (must use complete sentences)
- E. Diagram the playing area of any sport or recreational activity. Include the dimensions of the playing area, names of the positions, and where they line up on the playing field. (In google docs create the diagram of the playing area using drawing tools)

Salida Middle School

Blacktop Rules

1. Appropriate basketball shots only. No one handed half court shots or hard shots against the backboard that can be dangerous to other students.
2. Kicking basketballs, soccer balls, or throwing footballs on the blacktop is prohibited.
3. Soccer balls and footballs are to be used on the field only, unless instructed otherwise by a teacher.
4. Any equipment you use ---you put away.
5. No ball equipment will be bounced against any walls.
6. All ball equipment must be set in the ball cart; not thrown.
7. Sitting is not allowed unless you were told to do so by a teacher.
8. When the whistle blows, return to your roll call spot immediately after putting equipment away.

Salida Middle School

Rainy Day/Air Quality Day Rules

1. Enter the gym through the hallway.
2. Sit down in your roll call spot and be quiet.
3. Leave the equipment alone.
4. All exercises are to be done quietly.
5. At the end of the period return to your roll call spots to be dismissed by your teacher. Line up in the appropriate line—single file, no running, pushing, shoving, keep hands and feet to yourself!

I have read and I will abide by the blacktop rules and rainy day rules. Failure to follow the above instructions will result in consequences determined by my teacher.

Salida Middle School Physical Education Weight Room Rules/Procedures

There must be a teacher/coach in the room supervising your workout. Report any injuries to the supervisor IMMEDIATELY. Selector keys DO NOT leave the weight room. Failure to follow the rules and procedures will result in the loss of your weight room privileges.

Do Not.....

- Leave weight room without permission
- Bring food, drinks or gum in the weight room; keep your hands & feet off the walls and no spitting
- Slam or drop weights on the universal weight machine. Do not drop dumbbells on flooring
- Sit on the back of the leg press seat, stand on benches or machines.
- Sit on various lifting equipment or bleachers during your rest interval
- Interfere with someone's workout or alter/stop their exercise
- Remove selector key if weights are suspended
- Attempt to release jammed weights or parts. Notify teacher immediately

Always.....

- Lift with a partner and ALWAYS have a spotter.
- Respect other work areas; show courtesy toward others in the room at all times
- Make sure your area is clear before lifting
- Keep hands and limbs clear of weights and moving parts
- Use strict form on all exercises...no bouncing or improper arching
- Make sure seat is adjusted to proper setting when using machine exercises
- Fully insert and lock selector key
- Use dumbbells in designated area ONLY

NO STUDENT SHOULD EVER ATTEMPT TO "MAX OUT" OR ATTEMPT TO LIFT MORE WEIGHT THAN APPROVED BY THE TEACHER

I have read and I understand the weight room rules and procedures. I understand that by not following these procedures I will lose my weight room privileges.