



# LANCE MIDDLE SCHOOL

## Physical Education/Health Mr. Dolan - Mr. Kutzler - Mrs. Cibrario

Welcome! As a student in the physical education class, you are expected to dress for class and follow these simple rules.

### Uniform

1. Shorts (knee length) or sweat pants are allowed.
2. Shorts and pants must be worn around the waist.
3. Boxer shorts, jean shorts, or pajama pants are not allowed to wear for gym class.
4. T-shirt with sleeves or sweatshirt of any color is acceptable to wear. However, the shirt should not display inappropriate language, symbols, or references.
5. No cut-off or bare midriff t-shirts are allowed.
6. Shoes must be non-marking, athletic style tennis shoes. Shoes must be tied tightly so that they do not come off of the foot. Slip on or backless style shoes are not allowed in class.

### Non-Dress

- You must change clothing every day!
- You **may not** wear the clothes you wore in school that day in gym class.
- **You Must Participate In Gym!** The only exception is a medical note from your doctor stating how long you will be unable to participate or a note from your parent or guardian that will excuse you for a day.
- **Dressing for Gym is not Optional!** If you miss two days of not dressing you will receive a ten-minute detention and a phone call home. Three days of not dressing will result in a referral.

### Jewelry

Watches, bracelets, necklaces, rings, and earrings are to be removed and placed securely inside your locker **BEFORE** class begins.

### Lost and Found

\*Please return any stray items you find in the locker room to a teacher. You may also check the Lost and Found for any items you may have lost. The Lost and Found will be emptied periodically and all items in there will become charitable donation. Your teachers are not responsible for your belongings. Lock up your belongings and check to make sure you do not leave anything behind.



# FITNESS

## **Physical Education rules**

1. Students should enter and exit through the locker room door.
2. Students have approximately 5 minutes to dress for activity and report on roll call number.
3. Each student is assigned a locker to lock up his or her clothes and valuables.  
**NEVER LEAVE YOUR THINGS UNLOCKED!**
4. The locker and lock is the student's responsibility if lost or damaged there will be a fine issued.
5. Students should only enter the equipment room or physical education offices when authorized by the instructor.
6. Students should ask permission to leave the gym area during class.
7. Any injury is to be reported immediately to the physical education teacher.
8. There is no FOOD, SODA, GUM, or CANDY allowed in the physical education area.
9. When the whistle is blown students are expected to sit down, be quiet, and listen for further instructions from the teacher.
10. **Bullying or Harassing of others is not tolerated!**

## **Students will be evaluated according to the Physical Education Grading System listed below.**

### 20% **Knowledge**

Unit written tests are based on material presented in class and from the study guide, which is available on line. Go to the Lance website click on Houses & Departments scroll down click on physical education dept. and pick the study guide of your choice.

### 20% **Skill**

All students should make a conscientious and concerted effort to demonstrate or attempt each of the required skills for the designated activity.

### 20% **Participation**

All students are expected to dress daily and participate with a positive attitude in each activity.

### 20% **Attitude/Cooperation/Effort (ACE)**

All students are expected to cooperate with the teacher and their classmates. All students should act in a positive manner and try their best in class.

### 20% **Health**

Each unit is about 6 days long. While in health students will meet in the health classroom and be prepared to bring the following items pencil or pen, paper, and a folder.

