

PHYSICAL EDUCATION UNIFORM AND CLASS REQUIREMENTS

1. Each student is to be in a complete uniform each day unless the teacher gives special notice. If a student refuses to dress, he/she will be referred to an administrator in the office.
2. All P.E. garments must be labeled with permanent black ink only. The shirt must be labeled with first and last name. The shorts must be labeled with first initial of the first name and last name. All names must appear complete and clearly printed on each item.
3. All uniforms are to be kept clean and in good condition. They should be washed every weekend or as needed. No uniform will be allowed to have any markings outside the label box, ripped, torn or altered in any way. Students will be asked to provide a uniform that is not ripped, torn, altered, or written inappropriately if rules are not followed.
4. It is hoped that each student will keep deodorant in his/her locker. No glass containers are allowed for deodorant or cologne. Please, **roll-on deodorant only**, spray deodorant is not allowed (i.e. - NO axe spray!). Items not allowed will be confiscated and not returned.
5. Athletic type shoes are a required item for P.E. each day. These shoes **must** have laces and be tied for use in P.E. Shoes must be worn at all times unless teacher indicates otherwise. Socks may be required for P.E. for some units, (i.e. wrestling, tumbling). Blisters and athlete's foot will be kept at a minimum if socks are used.
6. During cold weather a sweatshirt, sweatpants, or warm-up outfit of any color may be worn **OVER** (not under) their P.E. uniform. Names should be on these items as well. These items are to be used during P.E. only. Students may not wear heavy jackets or beanies.
7. No outer clothing that is worn to school may be worn with or as P.E. clothes. Undershirts that were worn to school may not be worn under uniform. We'd like the P.E. shirt to absorb the sweat, not the shirt that is worn to school.
8. No sagging or pantsing of P.E. shorts is allowed.
9. No P.E. clothes are to be worn before or after P.E. during school hours, but can be used for after school sports. The only exception is spirit days - P.E. shorts may be worn to school on SMS spirit days.
10. Any injuries sustained during class must be **immediately** reported to a Physical Education teacher.
11. Locks and Lockers issued by the P.E. staff must be kept in the condition in which they were issued. Damage to locker or lock will result in charges to the student assigned to that locker or lock. Let the teachers know immediately if there are any problems with the locker. Do not share your locker combination with anyone!!

12. ID CARDS !!! Please have your ID cards readily available at all times. You will use them to borrow LOANER CLOTHES.

DRESS REQUIREMENTS

1. A "loaner" will be given to a student missing any part of their P.E. clothes. Required dress is a complete uniform: P.E. shirt and shorts, or a loaner and athletic shoes.
2. Loaner uniforms will be available; moreover, loaners will affect students' **citizenship grade**. Students will be required to give their I.D. card or their backpack in exchange for a loaner, until loaners are returned. The student will be given the opportunity to make up the loaner. (*See last page*)
3. A non-suit is given when a student deliberately chooses not to get a loaner or wears some other student's P.E. clothes instead of their own. (*Non-suits cannot be made up and students will be sent to the office for defiance.*)
4. Three loaners is an automatic N and 5 loaners is an automatic U for the citizenship grade.
5. THE DANCE FINAL:

One of the main objectives of our dance unit is to provide each student with proper social etiquette. To reinforce this objective, each student will be required to "dress up" for the last day of the unit, our DANCE FINAL. The boys will wear a tie with a collar shirt and nice pants (no jeans!). The girls can wear a dress, or skirt and blouse, or nice pants and shirt. Students may wear any shoes of their choice. Boys needing a tie can reserve one from their P.E. teacher "before" the day of the dance final.

The dress code must be followed. If a student chooses not to dress up, the highest grade they can receive on the final is a "B" and they will need to wear their P.E. clothes during the dance final. **PLEASE NOTE THAT NO STUDENT IS EXPECTED TO BUY ANY CLOTHING FOR THE DANCE FINAL. IF THERE ARE ANY CONCERNS WITH DRESSING UP, THE STUDENT MUST DISCUSS THE MATTER WITH THEIR P.E. TEACHER "PRIOR" TO THE DANCE FINAL -we will ALWAYS work something out.**

EXCUSES FROM ACTIVITIES

1. **Limited Excuses:** The P.E. teacher may excuse a student for one day at a time. Requests must be made before roll call, but this is not an excuse from dressing. (*Parents: Participation in clubs, athletics and other outside of school activities does not exclude your student from daily participation in P.E. Please be careful about writing these kinds of notes. Note: if your student cannot participate in P.E. then they will not be able to participate in games or practices for Sutter athletics.*)
2. **Parental Excuses:** Parents can request their son/daughter be excused from P.E. from one to three days by note. In the note, the parent **must** state the following:
 - a. The students name and the date
 - b. How long the excuse is to be in effect (1 to 3 days) ...weekends count as days.
 - c. What the problem (injury or illness) is.

These excuses are to be presented to their teacher at roll call. DAILY PHYSICAL ACTIVITY IS VERY IMPORTANT to us. When possible we would like to make modifications to the student's activity that will not cause further harm to the injury or illness. If no modifications can be made then written work will be given to the student in lieu of activity.

3. **Long Term Excuses:** For any illness or injury that requires more than three (3) days rest, an excuse from a medical doctor is required.
4. Health Problems: Any specific long term health problems must be reported in writing to the student' physical education teacher and the school nurse (office). Examples include: asthma, allergies, chronic knee problems, etc.
5. If your student has missed a day of P.E. (excused or unexcused) then it is up to the student to make up the time missed.

ASTHMA STUDENTS

If your student has some form of asthma and is currently in need of an inhaler then the inhaler must be kept with the student at all times. If the inhaler is one that is cumbersome then the student must arrange to have it in their locker or be taken at an appropriate time to benefit them for activity in P.E. **Please write your name on your inhaler with permanent marker.**

GRADING

Every student will be graded in three main areas using Formative and Summative Assessment.

Daily Engagement
Learning Targets
Sportfolio

Citizenship: Absences will affect citizenship grade, however they can be made up at any time. Behavior, gum chewing, lack of effort and loaners will also affect your citizenship grade.

DAILY PROCEDURE

1. Each student is expected to be on their number by the tardy bell. Once the teacher has taken role and excused you, you may go into the locker room.
2. Once in the locker room dress down.
3. While in the locker room each student is expected to check the daily activity board to find out which activity and area they are assigned to each day.

4. After dressing you may head straight out and sit on your numbers. If you are not sitting on your numbers when the teacher arrives you will receive a tardy. Be sure you have everything you need for class. The locker room will be locked and you will not be permitted to re-enter the area.
5. Class participation time is over when the teacher has excused you.
6. Leaving your assigned area before dismissal or being out of assigned area without permission during the period may result in truancy.
7. Students are expected to stay in the assigned areas outside of the locker rooms before the passing bell rings. All other areas are off limits. Violations may result in truancy.

BOX TOPS

Please Collect **Box Tops for Education** throughout the year from *General Mills* food products. Students can earn free laps or miles in PE with your support. Please (1) Cut Box Tops on dotted line (2) Check to see expiration date has not passed (3) Send in a plastic bag with the number of Box Tops and the student's name written on the bag.

10 = One free warm-up lap

100 = One free Mile or 12 min. run to be approved by the teacher.