



Wellness Team Instructors: Mrs. Coshow, Ms.Greif, and Mr. Torseth

Grading

P.E. grades will be based on proper dress, participating, showing good sportsmanship, and demonstrating best effort to improve fitness. Two and a half points are given daily per area. Therefore, a total of ten daily points is possible.

Gymnasium Rules

- A) FOLLOW DIRECTIONS
- B) NO GUM
- C) NO FOOD OR BEVERAGES IN LOCKER ROOM OR GYM
- D) NO JEWELRY
- E) PRACTICE AND DEMONSTRATE GOOD SPORTSMANSHIP
- F) CHANGE OUT OF SCHOOL CLOTHES AND INTO P.E. CLOTHES
- G) ATHLETIC/GYM SHOES REQUIRED
- H) NO AEROSOL SPRAYS ALLOWED

Illness, Injuries and Excuses:

Excuses for not participating because of illness or injury will require a note from the parent or guardian describing the nature of the excuse. These notes will be honored for two days, after which a doctor's verification of the illness or injury will be required.

Other

- It is important for you to be properly dressed for class. This includes shorts or sweats, a P.E. issued, gray T-shirt, and a supportive pair of athletic shoes. Warm clothing for outdoor activities is necessary for your health and comfort. **After two consecutive days of not dressing down for P.E. students will be sent to the Pass Room.**
- Once you have been assigned a lock and locker: PLEASE DO NOT SHARE YOUR COMBINATION OR CLOTHES!
- It is a good idea to label your t-shirt. Inside label is ideal.

Have Fun!

Parent/Guardian,

Thank you for taking the time to read the information regarding physical education.

PLEASE FILL OUT GOOGLE FORM ON TEACHER'S WEBSITE TO VERIFY THIS COURSE OUTLINE HAS BEEN READ!!!