



Wellness Team Instructors: Ms. Buchanan , Mrs. Coshow, 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!