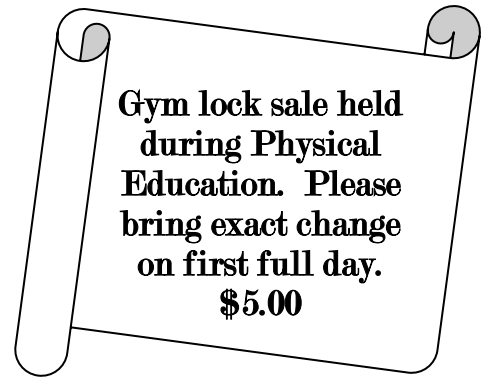


Tenaflly Middle School Physical Education



Respect and Safety are keys to success!

Preparation

Requirements:

Students must change clothing at the beginning and end of each Physical Education period to receive credit for class.

1. Athletic t-shirt (no tank tops)
 2. Athletic shorts
 3. Sweatpants/Sweatshirt (for cool weather)
 4. Athletic socks and sneakers with laces properly tied. No slip on or open toed sneakers.
- No jewelry shall be worn
 - Long hair must be tied back
 - Clothing must be appropriate, see dress code in TMS planner
 - PE clothing must not have zippers, buttons, or hoods
 - All used clothing should go home at the end of week to be washed

Recommendations:

- Cloth bag to transport gym attire
- Label all clothing
- Keep a backup pair of Physical Education clothes in hall locker
- Use a small box to hold jewelry to prevent loss in locker holes
- Protective eyewear (sport goggles)

Grading

Physical Education is included on the report card and is counted toward a student's overall average.

Students are graded daily for three quarters of the year in Physical Education class.

Grading will be based on:

35% Preparation:

Students who are not prepared for class will earn a zero for that days' class.

Important note: Five unprepared marks will result in an F for the marking period.

35% Participation:

Effort, sportsmanship, leadership, cooperative attitude and behavior

30% Assessment

- Performance Assessments:
Skill development and physical fitness improvement
- Cognitive Assessments:
Written class and/or homework assignments, verbal and/or written quizzes (i.e. history, rules...)

Family Life:

Family Life meets one quarter of the year during the same PE period and is graded separately.

Tenaflly Middle School

Physical Education

Medical Excuse

Doctor's notes excusing students from physical activity must be handed in directly to the **nurse (not the P.E. teacher)** during homeroom. Students will receive a blue note from the nurse that must be handed to P.E. teacher. An alternate assignment will be given to students who are excused.

If a student is able to participate on a limited basis, it must be explained in writing. The teacher will modify physical activity, if appropriate.

All doctor's note must include:

- the date
- student's name
- reason for the excuse from physical activity

Please be sure to hand in note to the NURSE

Conduct

Gymnasium:

- Students are not permitted to touch equipment without instruction
- Students should refrain from touching dividing curtain in gym
- No food or drink in the Gymnasium
- Sneakers only, on gym floors
- Students may only pass through gyms between full period classes
- When students pass through gyms they must walk along designated walls (away from curtain)

Locker Room:

- Arrive on time
- Students are required to have a school issued gym lock

- Gym locker **must** be locked during and after every class
- Students are responsible for their belongings
- Students have five minutes to change into required clothing
- No chewing gum or candy
- No food or drink allowed
- No glass bottles or aerosol spray allowed
- No *white* stick deodorant
- No electronics (iPod's, cell phones, cameras, etc.)
- PE Students only may use bathroom at the beginning or end of the period. If needed, hallway bathroom must be used during the class period after signing out

Remember: We all we want you to succeed... Dress daily, follow directions, display a positive attitude toward self and others, arrive on time, work to the best to your ability, and have fun!

"Take care of yourself; Take care of each other; and Take care of this place"

Tenaflly Middle School
Physical Education



Return this form to your PE teacher.

I have read and understand the TMS Physical Education guidelines.

Please Print Student:

First Name: _____ **Last Name:** _____

Nickname: _____ **Grade** _____

Student Signature: _____

Parent/Guardian Signature: _____

Physical Education Teacher's name _____

Physical Education period _____

"Take care of yourself; Take care of each other; and Take care of this place"