

# Prairie Middle School Physical Education Student Guidelines

## PHILOSOPHY

The Prairie Middle School Physical Education Department is committed to educating students to become lifelong learners of healthy living and wellness. By engaging students in activities that develop behaviors which encourage good health, development of appropriate social skills, and promote physical fitness both within and outside the educational setting, students will gain a rich understanding of health and wellness. Throughout our curriculum and within our classroom environment we integrate the principals of character education and character development.

## STUDENT EXPECTATIONS:

### I. Safety Requirements:

#### (P.E. Class)

- Daily activities will not begin until directed by teachers.
- Refrain from using equipment until directed by PE staff.
- All students should be respectful to other students and instructors.
- Jewelry should not be worn during P.E. class.
- Gum and candy are not allowed at anytime during the school day.

#### (Locker Room)

- Locker rooms are for changing clothes. Inappropriate behavior such as bullying, rough-housing, horseplay or excessive noise is unacceptable.
- **Lockers should be locked at all times.** For security purposes, please do NOT preset lockers.
- Please do not bring valuables to PE. Lost items are the responsibility of the student. Always be sure your lock and locker work correctly. Report any problems to PE staff immediately.
- Keep in mind that it is the student's responsibility to remember locker combinations. Please do not share the information with other students.
- All students are expected to be fully dressed for class with shoes on and tied before exiting the locker room.
- Each locker room has a lost and found inside the P.E. office. Students should see P.E. teacher if items are lost. Lost items will be donated or discarded monthly.
- Please do not use spray deodorant, cologne or perfume in the locker room (students may be allergic). Glass containers are not permitted.

## **II. Dress Requirements:**

- Students are required to wear PE uniforms daily. **Not dressing will affect student's participation grade.**
- P.E. uniforms can be purchased from the main office at Prairie. Appropriate athletic shoes should be rubber-soled, non-marking athletic shoes. For safety purposes, shoes must be tied.
- Sweats may be worn OVER the uniform. These do not have to be Prairie sweats, but they should not be the same clothes worn to school that day. NOTE: Girls need to have an appropriate undershirt for changing shirt colors.
- If you have lost your uniform, check the lost and found and then inform your teacher immediately and make arrangements to purchase another set if needed.
- Students are expected to use the restroom and water fountain during the dressing times before and after class.

## **III. Rentals:**

Any student that does not have their uniform may rent a uniform for a \$1 per period. Students need to leave their school ID for deposit. Once the uniform has been returned at the end of the period, they will receive their ID card back. After a student has reached a \$5.00 balance, no rental will be given until the balance is paid.

## **IV. Beginning and End of Class Period:**

At the beginning of class, students are expected to be dressed and sitting in their assigned seat. PE teachers will dismiss students at the end of the period. Once again, students should not **TOUCH** the PE equipment until instructed by PE teachers. Students should not leave the gym for any reason without permission from a staff member.

## **V. Excused Absences:**

- Parental (3-day max): Students must provide a note from a parent in order to be excused from PE. A parental note excuses a student for up to a total of three days. Please indicate the dates on the excuse.
- Medical (extended): In order to be excused for an extended period due to injury or sickness, students/parents need to provide a note from a doctor stating the reason and length of absence.
- Alternative programs can be provided for students with isolated problems such as fractured wrists, ankles, knees, etc.
- If you become ill during the school day, please inform your instructor when you arrive for class.

## **VI. Absences:**

The PE Department understands that all students are absent for various reasons (illness, vacation, etc.), when this occurs it is the students responsibility to see the teacher to get a make-up assignment. All make-up assignments are due 1 week before the end of the grading period.

## **VII. Make-Up Opportunities:**

The physical education department will offer at least 4 dates per quarter for P.E. make-ups. The AM session (7:00-7:45) will make-up 2 absences, and the PM session (3:00-4:15) will make-up 3 absences. Students are expected to be dressed in their P.E. uniform in order to participate in a P.E. make-up session.

The written make-up assignment is available on the P.E. webpage, or students may ask one of the P.E. teachers for a paper copy. The written assignment is worth up to 2 absences. Make-up opportunities are ONLY for points missed due to absence.

## **VIII. No-Dress Policy (Per Quarter):**

**1<sup>st</sup> No-Dress-** Any time a student is not dressed for participation in P.E., they will be given a written assignment to be completed during that class period. If the student does not complete the assignment during this allotted time, it is expected to be completed and turned in by the start of the next day's class. The 1<sup>st</sup> No-Dress is a warning and the student grade will not be impacted.

**2<sup>nd</sup> No-Dress-** Parent will be notified. Student will receive a lunch intervention, and will lose participation points for that day.

**3<sup>rd</sup> No-Dress-** Parent will be notified. Student will have the option of receiving a major detention, or attending a mandatory P.E. make-up session. Attendance at a mandatory P.E. make-up session will allow a student to earn their participation points for that day.

**4<sup>th</sup> NO-Dress-** Parent will be notified. Student will receive a major detention.

**5<sup>th</sup> No-Dress-** Parent will be notified. Student will receive a **Saturday School Detention.**

**6<sup>th</sup> NO-Dress-** Parent will be notified. Student will receive a major detention and will **Fail** physical education class.

## **IX. GRADING POLICY**

Good attitude, effort, participation, teamwork, consistently "dressing out," good locker room behavior and care, and general safety and courtesy is expected from all students.

- **Participation (80%):** Students are expected to be in class (the gym), dressed in their physical education uniform and willingly participating in assigned units.

**Daily Participation Rubric (14 points total):**

Attire (2 points)

Warm Ups (4 points)

Participation (4 points)

Character (4 points)

- **Written Tests (20%):** Students will be given written tests according to safety, rules, strategies, scoring, game play and positions in each P.E. unit.

**X. PHYSICAL EDUCATION ACTIVITIES**

Team Building	Flag Football	Soccer	Team Handball
Basketball	Volleyball	Badminton	Fitness
Circuit Training	Softball	Dance	Floor Hockey
Wall Climbing	Inline Skating	Baggo	Ultimate Frisbee/Football
Step Aerobics	Orienteering	Frisbee Golf	Heart Rate Monitors

**XI. AFTER SCHOOL SPORTS AND ACTIVITIES**

Unless otherwise excused, students must be dressed for PE and participate in order to take part in after school activities. With few exceptions, if a student is out of PE on a medical excuse, they are not eligible to participate in co-curricular activities that occur outside the school day.

**CONTACT INFORMATION**

**Boys P.E. Office 847-756-2556      Girls P.E. Office 847-756-2557**

**Mr. Josh Ackert**

**Mrs. Karen Kraus**

**Mr. John Quinlan**

**Ms. Angie Russell**

**Mr. Brian Splinter**

**Mrs. Martha Womack**

**\*\*\*Additional information can be found on the P.E. Webpage.\*\*\***

**Please call or email with any questions or concerns.**