

All students will sanitize and clean their hands and equipment they used each day before, during and after class. Cleaning stations are set and open each period for all of the students

1. All district and school rules will be enforced in Physical Education this includes no gum candy, no bullying and no profanity; Speak to teachers, staff and other students with respect.

2. Any technology that can be used to communicate is not to be brought to PE on a daily basis. There is a reasonable expectation of privacy in the locker room. Students will be instructed when to bring them to class. When they are brought for class they will be off and closed while in the locker room. If they are seen open the student will be given a warning and will not be allowed to bring it to PE again and any work will be done outside of their PE time.

3. Students have 5 minutes to pass from class to class. Students will come in the gyms using the traffic patterns laid out for the building. Each student should have tennis shoes and a water bottle and tennis shoes to wear for PE. Also the students should have clothes available for them to wear to be warm for whatever weather is going to be experienced that day if they choose to go outside.

4. PE locker rooms and uniforms are not being used at this time.

5. WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

6. Students are not allowed in the PE office, Fitness center, Health room or climbing wall without permission or under the supervision of a teacher.

7. Due to safety reasons jewelry should not be worn. Metal watches and bracelets should be removed as well.

8. If a student is sick or injured and cannot participate they will need a note from their parent/guardian or a doctor. A parent note can allow them out of participation for up to 3 days; a doctor's note can omit them for an extended period of time. The student must stay out for the duration of the doctor's note or bring in another that releases them from their care. Only a doctor's note can release them early from the extended medical excuse.

9. Any days missed due to being absent, band/orchestra lesson, field trip, being on a medical will need to be made up. A make-up is 30 minutes of cardiovascular activity. This can be a practice for a team, running on their own, biking, or anything that increases the heart rate. A competition does not count as make-up, except long distance running, biking or swimming. Also extended absences can be made up with a log of the days gone, like a journal, and be turned in when they return for the credit. This could be another type of workout assigned by their teacher at the time necessary for the make up. Missed Health work needs to be completed by the end of the 6-week Health rotation.

10. All back packs will be brought with all students materials. They will be kept in the gym near where each class meets.

11. No aerosol or glass containers of perfume, aftershave or deodorant are allowed in the locker room. Please supply your child with roll on deodorant.

Supplies needed for the Health rotation (6 weeks)

1. Folder of loose leaf paper for notes and organization of class materials
2. Writing utensils
3. Chromebooks

HEALTH ROTATION FOR REST OF THE YEAR

Mrs Stanley-Jan12-Feb.13

Mr. Brown Feb 18- Mar 3.22

Mrs Fedderly Mar 23- Apr 30

Mr Williams Apr 4-June 4