

## **Jackson Heights Middle School Physical Education Program**

### **COACHES**

6<sup>th</sup> Grade - Courtney Sampson

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7<sup>th</sup> Grade – Jacob Falk

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8<sup>th</sup> Grade - Tyler Brodt

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All grades - Coach M

\*Email is the preferred method of contact for all coaches

### **No Cell Phones in PE!**

### **Dress-Out Policy**

**Note:** Students will be required to wear a JHMS PE uniform or a blue shirt and black shorts or athletic pants.

**Shorts can not be Nike Pro or tight volleyball shorts. Proper Shoes must be worn!**

- All students are required to dress out for PE every day, which includes proper shoes. If a student misses three dress out days in a nine-week period, they will be required to walk and not participate in the day's activity. Students wearing inappropriate shoes will not participate at any time.
- All students are required to write their name on their PE uniform in permanent marker.
- PE uniforms may be purchased at the school store before school or at lunch: dry fit shirts-\$15.00, shorts-\$12.00. Students may purchase P.E. uniform at local store if it matches required colors.
- All PE clothes **must adhere to school dress code, especially shorts length! No tight shorts!**
- Shoes must be tied. **Only tennis shoes are allowed.** Slides, crocs, sandals or flipflops are considered inappropriate footwear.
- Shorts and shirts **cannot be rolled and/or tied in any manner.**
- Jeans or school clothes cannot be worn under PE clothes. Leggings or athletic pants are allowed.
- Students may wear sweatpants and/or sweatshirts of any color for cold days only. **No hoodies at PE if temperature above 70 degrees.**
- Jewelry should not be worn in PE.
- All cell phones/electronic devices are to be **locked up in lockers or put in their backpack.** If a student has their phones in class, they will be taken for the rest of the day.

### **Locks, Lockers and Locker Room Policies (NO CELL PHONES ARE TO BE ON OR OUT IN LOCKERROOM!)**

- Only Combination locks are to be used on PE lockers. Master locks seem to hold up best.
- Locks can be purchased at the school store for \$5.00.
- Security of personal property is the responsibility of the individual student.
- All valuables should be locked in lockers. Including shoes, phones, money, jewelry etc...
- Students cannot share lockers.
- No glass bottles or spray cans are permitted. **Roll on or stick deodorant only. All body sprays must be used outside!**

- **No cell phones are ever allowed to be used in the locker room or brought out to class without teacher's permission.**
- No running or horseplay is allowed in the locker room areas.

### **Gym Rules and Expectations**

- Students must **report** all injuries to the physical education teacher immediately.
- Students will **respect** each other, the facilities, the equipment, and all staff and meet the school expectations for behavior.
- Students will be **prepared** with their **PE Uniform** and **proper tennis shoes every day.**
- Students are expected to **participate** in **all activities** to the best of their ability. **Student's grade will reflect the effort they put forth.**

### **Excuse Policy**

- Students must either have a note from a doctor or a parent/guardian in order to be excused from participation.
- In a parent note please state the nature of the injury or illness along with specific limitations. Include parent contact information on the written excuse. Since there are many aspects of a physical education class, your child may be able to participate in some areas of play.
- A doctor's note is required after three consecutive parent notes.

### **Grading Policy**

Student's grades will be calculated as follows:

Participation/Cooperation: 40%      Dress out: 40%      Assignments (Skill Test/Quiz): 10%      Mile Run (1 per 9 weeks): 10%

Student Name \_\_\_\_\_

Grade \_\_\_\_\_ Class Period \_\_\_\_\_

Parent E-mail Address (or cell phone #) \_\_\_\_\_

*Please list and describe all health irregularities (such as **asthma**) that might cause a temporary interruption in physical activities. (If you would like to speak to a Coach about any medical issues don't hesitate to email or call.)*

\_\_\_\_\_  
\_\_\_\_\_

**By signing I have read and understand the rules and policies of JHMS Physical Education Department.**

Parent or Guardian Signature \_\_\_\_\_

Student Signature \_\_\_\_\_