

W.D SUGG MIDDLE SCHOOL – PE

COACH STEPHENS / COACH IERACI

GRADING POLICY

- STUDENTS ARE GRADED ON DRESSING OUT, CLASS PARTICIPATION, & TESTS.
- PE CLASSES WILL BE DOING 3-WEEK UNITS: BASED ON THE ACTIVITY.
- ROTATION = GYM or OUTSIDE COURTS/FIELD.
- GRADES WILL BE WEIGHTED: 40% PARTICIPATION - 40% DRESS - 20% TESTS

GRADING SCALE

- A = 90-100
- B = 80-89
- C = 70-79
- D = 60-69
- F = 0-59

DRESSING OUT

- STUDENTS **MUST** WEAR A SUGG PE UNIFORM SHIRT (available for \$5, see coaches), ATHLETIC WAISTBAND SHORTS (no zippers or buttons), AND NON-MARKING SNEAKERS (no platform shoes or sandals). STUDENTS ARE RESPONSIBLE FOR GETTING THEIR OWN SHORTS OR ATHLETIC PANTS. HAS TO BE SOMETHING DIFFERENT THEN WHAT YOU WORE TO SCHOOL THAT DAY.
- YOU CAN REFER TO THE STUDENT HANDBOOK FOR ANY QUESTIONS ON THE APPROPRIATNESS OF YOUR SHORTS.
- NON-DRESSED STUDENTS LOSE POINTS AND WILL WALK OR SIT OUT OF DAILY ACTIVITIES.

LOCKER ROOM

- NO RUNNING OR HORSEPLAY IN THE LOCKER ROOM.
- CELL PHONES MUST REMAIN IN BACKPACKS AT ALL TIMES.
- DEODORANT = STICK OR ROLL-ON ONLY – NO AEROSOLS.
- COLOGNES AND PERFUMES ARE NOT PERMITTED AT SUGG MIDDLE SCHOOL.
- SHOWER AREAS ARE OFF LIMITS, UNLESS YOU HAVE PERMISSION TO CHANGE IN THERE.
- LOCKS AND LOCKERS – EVERY PE STUDENT IS ASSIGNED A SMALL LOCKER AND A LOCK. DO NOT SHARE YOUR COMBINATION WITH OTHER STUDENTS. **You** ARE RESPONSIBLE FOR IT. (\$10 FOR ANY LOST LOCKS). DO NOT LEAVE YOUR LOCK LAYING AROUND UNATTENDED. MAKE SURE YOU LOCK YOUR VALUABLES IN YOUR LOCKER BEFORE YOU LEAVE. DO NOT BRING A LOCK FROM HOME.
- BACKPACKS – LONG LOCKERS WILL BE AVAILABLE FOR STUDENT BACKPACKS DURING **YOUR** CLASS PERIOD ONLY. DO NOT LEAVE YOUR LOCK ON THE BIG LOCKER WHEN YOU LEAVE FOR THE NEXT CLASS. MAKE SURE YOU PUT THE LOCK ON YOUR SMALL LOCKER BEFORE LEAVING PE CLASS.
- RESTROOMS – WE HAVE BATHROOMS IN THE LOCKER ROOM. USE THE RESTROOM JUST BEFORE OR AFTER CHANGING. NO BATHROOM BREAKS DURING CLASS TIME UNLESS YOU HAVE A DOCTOR'S NOTE.

FITNESS TESTING

- VERTICAL / 40 YARD DASH / 100 M / SHUTTLE / PUSHUPS / SITUPS / SIT AND REACH / MILE
- PRE-TESTING WILL BE DONE AROUND THE BEGINNING OF 2ND QTR. POST-TEST AT THE END OF 3RD QTR.
- THE MILE WILL BE RAN ONCE A WEEK WHEN CLASSES ARE OUTSIDE. IT WILL START AFTER WE DOCUMENT PRE-TEST SCORES. WE WILL HAVE CONES SETUP IN THE FIELD MEASURING A QUARTER OF A MILE. STUDENTS WILL RUN FOUR LAPS.

- STUDENTS WILL RECEIVE A GRADE FOR THEIR EFFORT IN THE MILES THEY COMPLETE.

PARENT/DOCTOR NOTES

- NOTIFY THE SCHOOL ASAP IF YOU HAVE ANY PHYSICAL/MEDICAL LIMITATIONS.
- PARENT NOTE WILL EXCUSE STUDENTS FOR NO MORE THEN TWO DAYS.
- A DOCTOR'S NOTE WILL BE REQUIRED TO EXCUSE YOU FOR MORE THEN TWO DAYS. YOU MUST ALSO GET A DOCTOR'S NOTE CLEARING THE STUDENT TO PARTICIPATE BACK IN PE AGAIN.
- STUDENTS WHO CANNOT PHYSICALLY PARTICIPATE IN CLASS WILL BE GIVEN ALTERNATIVE WORK

ABSENT/MISSED CLASSES

IF A STUDENT IS ABSENT IN COACH IERACI'S CLASS STUDENTS ARE RESPONSIBLE FOR A 5-7 PARAGRAPH ON THE CURRENT SPORT OR SKILL WE ARE LEARNING IN CLASS.

FOOD/DRINK

- ABSOLUTELY NO GUM, CANDY, FOOD, OR DRINKS ARE ALLOWED IN THE GYM OR LOCKER ROOM. IF YOU ARE CAUGHT WITH ANY OF THESE ITEMS THEY COULD BE THROWN AWAY AND IT MAY COUNT AGAINST YOUR CITIZENSHIP GRADE.
- WATER IS OK IF BROUGHT IN A SEALABLE CONTAINER.
- A WATER COOLER IS PLACED OUTSIDE DURING PE CLASSES. BRING YOUR OWN CUP

FIRE DRILLS – WE WILL EXIT THE GYM AND REPORT TO THE FRONT OF THE SCHOOL; IF ON THE FIELD - GO TO THE EAST SIDE.

INTRAMURAL/INTERSCHOLASTIC SPORTS

- THERE WILL BE SEVERAL SPORTS ACTIVITIES AVAILABLE DURING THE SCHOOL YEAR. INTRAMURALS ARE OPEN TO ANY STUDENT ELIGIBLE THAT CAN FIND A RIDE HOME. INTERSCHOLSTICS HAVE TRYOUT'S AND THE COACHES WILL DETERMINE WHO MAKES THE TEAMS. CHECK POSTINGS IN THE LOCKER ROOMS AND LISTEN TO ANNOUNCEMENTS FOR MORE DETAILS. IF YOU HAVE MORE THAN ONE "3" FOR A CITIZENSHIP GRADE, YOU MAY NOT BE ELIGIBLE TO PARTICIPATE.
- POSSIBLE SPORTS INCLUDE:
 1. FLAG FOOTBALL
 2. SOCCER
 3. BASKETBALL
 4. CROSS COUNTRY
 5. DODGEBALL
 6. KICKBALL
 7. TENNIS
 8. VOLLEYBALL

CUT HERE and return to coach

SIGNATURES FOR PE POLICIES/PROCEDURES

TEACHER: _____ PERIOD: _____

STUDENT (print name): _____

PARENT/GUARDIAN: _____