

PHYSICAL EDUCATION

EXPECTATIONS

BE ON TIME

BE RESPECTFUL

SHOW COMMON COURTESY

NO FOOD, DRINKS, SUNFLOWER SEEDS, GUM, OR CANDY

DRESS OUT

FOLLOW ALL SAFETY RULES

YOU ARE RESPONSIBLE FOR MAKE-UP WORK

NO RUNNING/HOERSPLAYING

NO STANDING ON BENCHES

NO WRITING ON LOCKERS OR BENCHES

NO GLASS CONTAINERS OF ANY KIND

NO YELLING/SCREAMING

NO SPRAY PRODUCTS SUCH AS BUT NOT LIMITED TO AXE AND TAG

****STUDENTS ARE RESPONSIBLE FOR LOCKING UP THEIR VALUABLES, FOR EXAMPLE: CELL PHONES, IPADS, WATCHES, MONEY, OR ANY PERSONAL PROPERTY ****

SUPPLIES

PE UNIFORM: THE COLORS ARE BLACK OR BLUE SHORTS AND BLUE OR GREY SHIRT. **STUDENTS ARE REQUIRED TO HAVE THEIR OWN LOCK/LOCKER.** WE RENT COMBINATION LOCKS FOR ONE DOLLAR. IF YOU DECIDE TO PURCHASE YOUR OWN LOCK, IT NEEDS TO BE SOME FORM OF A COMBINAITON LOCK.

STICK OR ROLL-ON DEODERANT

PROPER FOOTWEAR

GRADING

DETEREMINED BY PARTICIPATION AND CALORIE CHART

PARTICIPATION INCLUDES PROPER HYGIENE WHICH INVOLVES DRESSING IN PHSYICAL EDUCATION CLOTHES DAILY. IT ALSO INCLUDES TAKING PART IN ALL ASSIGNED ACTIVITIES.

STUDENTS WILL BE PARTICIPATING IN P90X OR T25 ONCE A WEEK. NONE OF THE VIDEOS REQUIRING WEIGHTS WILL BE USED. IF THERE ARE ANY QUESTSIONS OR CONCERNS, PLEASE SEND A NOTE OR EMAIL.

CALORIE CHART INCLUDES WHAT A STUDENT EATS THROUGHOUT THE DAY, MONDAY-FRIDAY. THERE IS AN EXAMPLE POSTED ON THE BMS WEBSITE. CLICK ON STUDENT, THEN P.E.

MAKE-UP WORK

IF A STUDENT HAS AN EXCUSED ABSENCE, IT IS HIS/HER RESPONSIBILITY TO SEE THE TEACHER FOR MAKE-UP WORK.

THANK YOU FOR YOUR COOPERATION AND WE LOOK FORWARD TO HAVING A GREAT