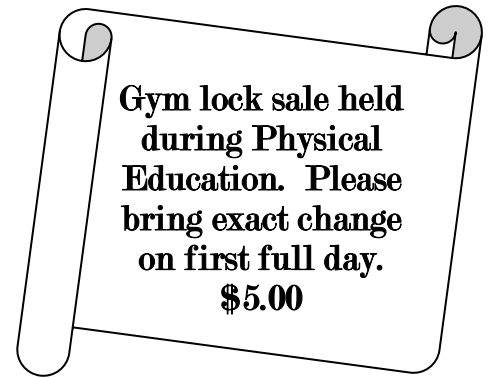


# Tenaflly Middle School Physical Education



Respect and Safety are keys to success!

## Preparation

### Requirements:

Students must change clothing at the beginning and end of each Physical Education period to receive credit for class.

1. Athletic t-shirt (no tank tops)
  2. Athletic shorts
  3. Sweatpants/Sweatshirt (for cool weather)
  4. Athletic socks and sneakers with laces properly tied. No slip on or open toed sneakers.
- No jewelry shall be worn
  - Long hair must be tied back
  - Clothing must be appropriate, see dress code in TMS planner
  - PE clothing must not have zippers, buttons, or hoods
  - All used clothing should go home at the end of week to be washed

### Recommendations:

- Cloth bag to transport gym attire
- Label all clothing
- Keep a backup pair of Physical Education clothes in hall locker
- Use a small box to hold jewelry to prevent loss in locker holes
- Protective eyewear (sport goggles)

## Grading

Physical Education is included on the report card and is counted toward a student's overall average.

Students are graded daily for three quarters of the year in Physical Education class.

Grading will be based on:

#### 35% Preparation:

Students who are not prepared for class will earn a zero for that day's class.

Important note: Five unprepared marks will result in an F for the marking period.

#### 35% Participation:

Effort, sportsmanship, leadership, cooperative attitude and behavior

#### 30% Assessment

- Performance Assessments:  
Skill development and physical fitness improvement
- Cognitive Assessments:  
Written class and/or homework assignments, verbal and/or written quizzes (i.e. history, rules...)

### **Family Life:**

Family Life meets one quarter of the year during the same PE period and is graded separately.

# Tenaflly Middle School Physical Education

## Medical Excuse

All notes must include:

- the date
- student's name and reason for the excuse
- a parent/guardian signature

If a student is able to participate on a limited basis, it must be explained in the note. The teacher will modify physical activity appropriately. Excuse notes must be handed to a student's Physical Education teacher at the beginning of the class period.

\*When a medical extends any more than three consecutive days, a doctor's note is required. Doctor's notes should be handed in directly to the nurse during homeroom. Students will receive a blue note from nurse that must be handed to PE teacher. An alternate assignment will be given to students on medical.

## Conduct

### **Gymnasium:**

- Students are not permitted to touch equipment without instruction
- Students should refrain from touching dividing curtain in gym
- No food or drink in the Gymnasium
- Sneakers only, on gym floors
- Students may only pass through gyms between classes
- When students pass through gyms they must walk along designated walls and not handle gym equipment.

### **Locker Room:**

- Arrive on time
- Students are required to have a school issued gym lock
- Gym locker **must** be locked during and after every class
- Students are responsible for their belongings
- Students have five minutes to change into required clothing
- No chewing gum or candy
- No food or drink allowed
- No glass bottles or aerosol spray allowed
- No *white* stick deodorant
- No electronics (iPod's, cell phones, cameras, etc.)
- PE Students only may use bathroom at the beginning or end of the period. If needed, hallway bathroom must be used during the class period

Remember: We all we want you to succeed... Dress daily, follow directions, display a positive attitude toward self and others, arrive on time, work to the best to your ability, and have fun!

*"Take care of yourself; Take care of each other; and Take care of this place"*

Tenaflly Middle School  
Physical Education



Gym lock sale  
**\$5.00**  
Bring exact change  
to your PE teacher  
on the first full day  
of school

Return this form to your PE teacher.

**I have read and understand the TMS Physical Education guidelines.**

**Please Print Student:**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Nickname:** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Physical Education Teacher's name** \_\_\_\_\_

**Physical Education period** \_\_\_\_\_

*"Take care of yourself; Take care of each other; and Take care of this place"*