



PHYSICAL EDUCATION INFORMATION



MRS.SENKBEIL/FROST MIDDLE SCHOOL

Welcome to Physical Education. The following information is to help you feel more comfortable with classroom procedures and expectations. Some of these may be given in greater detail in the days to come. If you have any questions, comments, or concerns, please feel free to contact me. The easiest way is through email at jsenkbei@livoniapublicschools.org

RULES & APPROPRIATE DRESS

1. Comfortable shorts that are the appropriate length as described in the FROST HANDBOOK. No jean shorts of any kind.
2. Plain T-shirts, polo shirts or printed shirts that promote a healthy lifestyle.(Examples of inappropriate would be shirts with cigarette or alcohol advertisements.) Students must change top and bottom for physical education class. Clothes should be taken home at least once a week to be washed.
3. Gym shoes should have a minimum of ½ inch cushion on toe and heel for comfort and protection. If the shoe is worn outside of this class it will last about 6 months. It is best if a pair of shoes can be kept in the locker at all times. White socks are the best for sweat absorption. Do not wear nylons or tights.
4. Small earrings may be worn in class. Any item that is bulky, and or dangling, which may cause harm and/or break should not be worn in Physical Education.A container to keep these items in may be kept in the locker.
5. Food, beverages, gum, and candy are not permitted.
6. Keep sweatpants and sweatshirts in lockers at all times, in case we go outside!



LOCKER ROOM BEHAVIOR

You are responsible to lock all belongings. It is not smart to share your personal combination with others. If a student forgets clothes, there is a loaner box with items to borrow. Points will be taken away as this shows lack of responsibility to come prepared.

Safety is the MAIN concern in this class.

No running, horseplay, and excessive voice tones.

No person should go into shower area unless they have a towel and soap.

Keep the locker area clean and free of litter.

Lock items up each and every single class.

Report any concerns to the teacher.

Dressing is NOT permitted in the BATHROOM STALLS.

Food and/open beverages are not allowed.

Students must not leave after changing until TEACHER GIVES PERMISSION to DISMISS.

ABSOLUTELY No scented lotion, sprays, cologne, of any type as we have many students with asthma and allergies. Unscented deodorant/antiperspirant are encouraged (roll on only)

TARDY POLICY

Please read the Frost Handbook.

Students are expected to be on time. They need to be inside locker room on time. They also need to be redressed for class and sitting in squad seat 5 minutes or less after the bell.

If a student has an excused tardy, he or she may join class. If the student has an issue and is running late a pass from a school adult should be given with time on the pass.

If a student comes to class sick, he/she will be asked their symptoms. If the teacher feels that exercise would help, the student will be encouraged to participate. If not, the student will check out, to avoid spreading germs and feeling worse. If this is not possible, several options will be explored.

If a student is unable to participate a parent note or email is accepted for a period not exceeding 3 days. At day 4 a doctor's note is necessary.

Students with health issue need to have documentation with proper forms given to main office. Asthmatics needing an inhaler should keep this in the gym on them at all times. If we go outside having the inhaler in main office is not advised.



GOOD SPORTSPERSONSHIP IS REQUIRED

Positive Attitude
No put downs
Team Work
Encouragement vs. Discouragement
Respect for people, and equipment
No physically and/or mentally abusive behavior
No swearing

ABSENCE

The student is responsible to make up work. If a quiz is not taken it will result in a lower grade.

SUBSTITUTE POLICY

The substitute teacher is to be treated like a guest in our building. Students are to be cooperative, helpful, and respectful.

GRADING

Students and parents may check grades online. Points will be earned for various items including daily performance, and quiz scores.

CODE OF CONDUCT

I am respectful. I am responsible. I am safe. I am prepared. We are here to learn, therefore I will:

DO NOTHING TO KEEP THE TEACHER FROM TEACHING OR ANYONE FROM PARTICIPATING IN LEARNING AND COOPERATE WITH MEMBERS OF THE SCHOOL COMMUNITY. RESPECT OTHERS, THE ENVIRONMENT AND MYSELF.

By behaving this way, I demonstrate that I am a capable person. I can connect with anyone in the school, and I am willing to contribute to the pursuit of EXCELLENCE at Frost.

