



Jackson Middle School Physical Education Guidelines
7th /8th Grade Physical Education
Content Standards in Physical Education

A Physically Educated Person:

***Demonstrates competency in movement forms.**

- *Applies movement concepts and principles to the learning development of motor skills.
- *Achieves and maintains a health enhancing level of physical fitness.
- *Demonstrates responsible personal and social behavior in physical activity settings.
- *Demonstrates understanding and respect for differences among people in physical activity settings.
- *Understands that physical activity provides opportunities for enjoyment, challenge, self-expression & social interaction.

Benefits of Regular Exercise

Increase strength Improve muscle tone & posture Reduction of chronic tiredness & tension
Improved weight control Reduction of body fat level Reduction of resting heart rate
Improved circulation Lowered emotional stress Increased efficiency of the heart muscle
Improved poise & grace Improved appearance Reduced aches, pains & stiffness

Physical Education Dress Standards

Jackson Middle School students enrolled in Physical Education are required to wear clothing appropriate for physical activity. Dress is subject to school policy and teacher approval. Clothing worn for Physical Education class **must be different from that worn to school.**

***Shoes** - Laced athletic shoes. NO sandals of any type. NO slip on shoes.

***Socks** - Socks are required.

***Shirts** - Full length, short or long sleeve t-shirts. NO tank tops or sleeveless shirts may be worn. Designs or sayings on t-shirts MUST meet school dress code standards.

***Athletic Shorts** - Elastic waist band and hemmed shorts are required. Length of shorts must be at or below the knees. No rolling or sagging shorts. No cut offs.

Locks & Lockers

7th and 8th grade students will be issued a locker with a permanent lock already in place or a pad lock and a locker.

Students are encouraged to store their physical education materials in their lockers. All lost locks will be replaced by the P.E. Staff and the student will be charged at the end of the school year if the lock is not found.

Do not bring locks from home.

All lockers are property of the Jackson Local School District(JLSD).

***Do not share someone else's locker or the combination with other students.**

***Lock up everything of value or leave it with a P.E. Staff member if the item is too large for your locker.**

***The school or P.E. Staff cannot be held responsible for lost or stolen items. (Lock your locker at all times.)**

Daily Procedures

*7th & 8th grade students report directly to locker rooms unless instructed to do otherwise.

*Students have approximately 5 minutes to dress, secure personal belongings & report to attendance lines.(Attendance will be taken everyday.)

*Students who are not appropriately dressed for class participation will be permitted to take part in class activities, but will receive a “No dress Day”.

*No gum or any type of food is permitted in P.E. Class.

*Stay off the equipment in the gym unless the teacher gives you permission. **(Never hang from the basketball nets or rims.)**

*Class participation time is over when the instructor excuses the students to the locker rooms.

*Leaving your assigned area before dismissal will result in disciplinary action.

*Please assist in keeping the locker rooms and gymnasium clean.

*No horseplay, running in the locker rooms, spitting or throwing things will be tolerated.

*Notify a teacher if anything breaks or is not functioning properly.

*Notify a teacher immediately if you are injured or become ill during physical education class.

*7th & 8th grade students will be dismissed to the locker rooms at the end of every class & will have approximately 5 minutes to change back into their school clothes & secure their lockers. Students will then return to their attendance line until the bell rings.

Grading Policy

Students in Physical Education are graded on the ‘S’ and the ‘U’ system. Three unexcused non-dress days will result in an unsatisfactory grade for the nine weeks.

The students will be evaluated and graded in the following areas:

Activity Participation, Skills Assessments, Sportsmanship, Cooperation and Dress. Students will also be required to complete three State Mandated Assessments. Failure to complete these assessments will result in an unsatisfactory for the nine weeks grading period.

Attendance

Physical Education is unique from other educational programs in that participation in activities and attendance are basic fundamental parts of the learning process.

Excused Illnesses

1. Students are excused from participation with a valid note from a parent/guardian.

2. Excuses longer than two days must be written by a doctor. These excuses must state the nature of limitations and length of time excused. Prolonged absences or non-participation will be dealt with on an individual basis by the P.E.staff and administration. Students must have a release from parents or doctor to return to participate in physical activity after being off for extended time due to injury or illness.

Tardies

Students must report to attendance lines when signaled to do so. If a student is late to their attendance line they will be marked tardy for

the class. Three tardies in a nine week period will result in a detention.

Student Athletes

Student Athletes must dress on the day of any sport competition and participate fully.

Cell Phones: At no time should any student have their cell phones out in P.E. class, hallways or locker room.

P.E. Instructors

Mr. Debevec

Mr. Kish

Mr. Williamson

Miss Ruggieri