



Lincoln Physical Education Department Middle School class regulations

Year 2010 - 2011

Objectives: A Physical Education program is an essential component of the Middle School Program. Regular activity is necessary to maintain a healthy body and a healthy mind. The major focus of our physical education program is participation and effort, rather than mastery of specific sports or activities. Students are expected to put forth maximum effort every class period.

Clothing: Students are required to bring the necessary clothing to each P.E. class,
t-shirt,
pair of shorts
pair of sneakers/footwear (No sandals)

During cold weather students are encouraged to bring **sweatshirts and jackets** to protect themselves.

During the swimming season all students must bring **swimsuit, swim cap, and towel besides the Gym clothes.**

Students should be aware that dressing properly for class is the responsibility of each student. Failure to wear proper attire will result in the student's grade being negatively affected. Long hair will required ponytail.

Absences: (Excused and Unexcused) In order to achieve success in school, daily attendance is crucial. A student can be excused from formal activity by bringing a note from his/her parent or the school nurse for **two** class periods only per quarter. After the **second** time a note from physician is required to excuse a student from P.E. class. Grades are not affected by excused absences.

An absence is unexcused if a parent, the school nurse, or a physician does not sign a note. Failure to bring the proper clothing to class also is considered an unexcused absence. If a student does not present a signed note or fails to dress properly, he/she will be marked down as unexcused (8 points) absence that will negatively affect his/her grade.

Tardiness: Students are given ample time to arrive in class, change clothes, and shower after class is finished if they wish. It is the responsibility of each student to be in his/her appropriate class at the designated time. Students will have points deducted (4 points) for each time tardy.

Grading System: Students are evaluated in the following areas:

35% Class Preparation: Each student begins the quarter grading period with 100 points. Unexcused absences deduct 8 points from the total and unexcused tardy subtract 4 points. Students are unexcused from class if they fail to bring the required clothing.

35% Class Effort: The teacher evaluates effort and participation each and every class. Students receive from 0-5 points depending on how he/she works. All daily grades are averaged into one score at the end of the grading period. The teacher has the right to take away up to 5 points from a students' daily effort grade for unsportmanlike behavior, foul

language or play that puts others in danger. In addition, the teacher can reward exemplary effort with extra points when applicable.

30% Sports and tests: at the end of each activity, students will be assessed on basics techniques. Teachers will advise students of the minimum and maximum levels of competence for each specific activity. At the end of each activity, students will be assessed on basic skills. Teachers will advise students of the minimum and maximum levels of competence for each specific activity.

The Physical Education teachers are looking forward to an outstanding year. If you have any question please contact us via email or call ext. 201.

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