

Goldenview Middle School



Physical Education

Physical & Health Education Staff Contact Information

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P.E. Activities

Fitness Principles & Concepts

Volleyball

Tennis

Soccer

Flag Football

Softball

Basketball

Badminton

Strength & Conditioning

Ice Skating

Cross Country Skiing

Cooperative Games

Balance and Coordination

Snowshoeing

Movement Forms

Ultimate Games

Lacrosse

Broomball

Track & Field

Fitness Walking

Circus Arts

[Goldenview Physical Education Guidelines](#)

What to do when I get to PE?

- Students enter the locker rooms through the back hallway and exit through the gym door.
- Students quickly change from school clothes to PE clothes and then go to the gymnasium for attendance.
- Students should use the rest room before the locker rooms are closed and locked. There is no locker room or rest room access during class.

Locker Room and Class Behavior

The right to participate depends on a student's actions and attitude.

- A student must behave responsibly at all times.
- Good etiquette in the locker rooms is expected.
- Food, glass containers, aerosol cans, and makeup of any kind are not permitted in the PE environment and will be confiscated.
- Goldenview provides one PE locker per student to safely store personal effects.
Locker combinations should not be shared with anyone!
- **ANY VERBAL OR PHYSICAL HARASSMENT SHOULD BE REPORTED TO A TEACHER IMMEDIATELY!**

Dressing for Physical Education

Dressing properly is necessary for safe involvement and increased performance in physical activity.

- Goldenview P.E. T-shirt.
- First and last name **PRINTED NEATLY** on either side of the T-Shirt chest area.
- **Black** athletic shorts, **black** sweatpants, athletic shoes and socks (please write your name on all personal items).
- A plain **gray** sweatshirt may be worn if the student's name is clearly written in permanent ink on either side of the sweatshirt chest area. A P.E. T-shirt must be worn under the sweatshirt.
- **Students must change out of school clothes and into outside gear for outside activities.** Hats, gloves, and a jacket are required.
- **Shoes must be securely tied at all times during class for safety. Failure to tie shoes securely will result in disciplinary action.**

Tardy Policy

Students will be recorded tardy if they are not in the locker room when the bell rings or if they are not in the assigned attendance line during roll call.

All A.S.D. student rights and responsibilities are respected in Physical Education.

Grading and Evaluation

Students earn 10 points daily for participation, following the dress code and behaving in a safe and appropriate manner.

Redirection of behavior or activity:

- 1st time = loss of 2 points
- 2nd time = loss of 2 points
- 3rd time = total loss of daily points
- **Non-dress** = total loss of daily points

GRADING SCALE

90%-100% = A

80%-89% = B

70%-79% = C

60%-69% = D

0%-59% = F

Make-Up Work

Students can make-up their first 4 non-dress days. Make-up opportunities are available Tuesday and Thursday mornings at 7:30 am in the gym (you must check-in with a Physical Education teacher to receive credit). Make-up forms for absences are located by rooms 192 and 193.

Illness and Injury

Parent notes excusing students from activity for illness or injury are valid for three school days. A medical doctor's note is required for more than three days.