

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 P.E. 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 P.E. environment and will be confiscated.
- Goldenview provides one P.E. 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 Physical Education T-shirt.
- First and last name **PRINTED NEATLY** on either side of the T-shirt chest area.
- **Goldenview** Physical Education shorts, **black** sweatpants, athletic shoes and socks (write your name on all personal items).
- (Optional) 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 Goldenview Physical Education 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.**
- Helmets are recommended.

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.

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 A.M. 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.

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
Middle School



Physical
Education

Student Name: _____
(Please Print)

Teacher: _____ Period: _____

Parent/
Guardian Signature: _____

Email address: _____

Phone Number: _____