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**North Mac Physical Education Expectations**

*Objective: The objective of Physical Education is to achieve health and fitness through exercise and play and to HAVE FUN EXERCISING. Overall fitness, rules, game strategy, cooperation, and sportsmanship are stressed.*

1. **Uniform:** 
   1. School issued Physical Education Shorts (name will be written on them)
   2. School issued Physical Education Shirt (name will be written on them)
   3. Gym shoes if applicable
   4. Sweatshirts, windbreakers, sweatpants, may be worn during cold weather. Sweatpants must be black or gray. NO PAJAMA/FLANNEL bottoms are to be worn.
   5. **Uniforms are to be taken home and washed every Friday.**
   6. We will be going outside as much as possible! Please be aware that it may be wet outside when we do go out, especially in the morning. As long as the student has their PE uniform on underneath, students can wear: School appropriate sweatshirts/hoodies and jackets and school appropriate sweatpants. **Students are also encouraged to bring extra socks, especially if they have class before noon.** The grass is usually very wet in the morning, so an extra pair of socks to change into will make for a more

comfortable day.

1. **YOU ARE REQUIRED TO BRING AND USE DEODORANT** and to keep it in your PE locker. **Please no glass bottles or body spray (that isn’t deodorant!!!!!!!!!)**
2. **Lockers:** Each student will be assigned a locker or basket in the locker room to keep your PE clothes in. Students should keep lockers locked at all times. Items left out will be put into the lost and found and the student will need to purchase a new uniform.
3. **Students leaving the gym area:** Students are not allowed to leave the gym area without permission from the teacher. Any student who does for any reason will be counted as cutting class.
4. **Injury or Illness:** If a student is unable to participate because of injury or illness they must obtain a note from their doctor stating why and for how long they will be excused. This note will be kept by the teacher and a copy given to the office. **If a doctor’s note is not given, all students are required and expected to participate in some capacity.** Any student that sits out without a note from a doctor will receive an unexcused absence and will not get credit for the day.
5. **Grading:** Grades will be given based on dress, participation, sportsmanship, following directions, fitness assessments, completing daily weight room task and semester goals. Also, skills tests, exercise logs, or written tests may be used in the grading process.
6. **Weight Room:** ALL STUDENTS will be required to participate and complete daily lifts/exercises in the weight room. It will be their responsibility to document their daily requirements. Documentation will occur on the computer, as well as a hard copy that will stay in the weight room.
7. **Make up work:** We will have daily grades/assignments in PE. If a student misses class, it is their responsibility to ask what they missed and to schedule a time to make it up. This can be done before or after school or during the student’s activity PE time.

North Mac Physical Education Daily 2 point breakdown

# Dress: 1 Point

Must wear North Mac issued shirt/shorts. Appropriate shoes required. No sandals/flip-flops /boots etc. If clothes are forgotten, a student automatically loses the dress point for the day.

# Participation: 1 Point

**100% effort each and every day**. We do not care how talented or athletic you are, but we do care how hard you work each and every day!!!! If you give 100%e effort each and every day, you will constantly improve your fitness scores!

Demonstrate skills to the best of their ability in modified games of increased complexity.

Demonstrate proper techniques for a variety of fundamental skills in the weight room and/or playing field.

# Personal/Social Responsibilities: If a student does not show personal/social responsibilities in class, they will lose their dress and participation points for the day and receive a zero for the day. Students need to:

Show personal etiquette and safety skills during physical activities.

Demonstrate proper conflict resolution skills in a physical activity setting including self-control, respect, and positive peer influence.

Demonstrates respect for teachers/school personnel and administration.

## Students will also be given grades for the following fitness assessments

* Personal Progression: We will be keeping track of our agility and weight lifting achievements throughout the year. Students will be graded on gradual improvement. IF YOU GIVE 100% EFFORT EACH AND EVERY DAY, YOU WILL IMPROVE CONSTANTLY!

* FitnessGram: Students will be graded on gradual improvement as they will be tested at the beginning and end of each semester.

I have read and understand the 2019-2020 PE rules and expectations

(worth 10 points if turned in by Monday, September 9, if not turned in student will receive a 0/10)

Student Signature/Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature/Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_