

Minnesota K-12 Academic Standards in Physical Education

1. Demonstrate competency in a variety of motor skills and movement patterns.
2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.
3. Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibit responsible personal and social behavior that respects self and others.
5. Recognize the value of physical activity for health, enjoyment, challenge, self-expressions, and social interaction.

Physical Education Guidelines

GENERAL RULES:

1. Leave all valuable items at home. Jackets and backpacks stay in your Pod.
2. **ELECTRONIC DEVICES MUST STAY IN YOUR LOCKER.**
3. **GUM, CANDY OR FOOD DURING CLASS IS NOT ALLOWED.**
4. Jewelry, watches, chains, and earrings must stay in your pod or go on my cart.
5. **BULLYING OF ANY SORT WILL NOT BE TOLERATED.**

CLASS EXPECTATIONS:

1. Leave the equipment where it is.
2. When you walk into the gym, begin your "walk and talk".
3. When prompted by the teacher, sit in your squads for attendance.
4. Dress in the appropriate shoe attire for class.
5. Respect one another, and the equipment.
6. Participate and be active.

DRESS CODE:

We will be going outside as much as possible, please make sure to have the appropriate attire for Minnesota Weather.

- Crew Neck T-shirts with Sleeves, Shorts or Pants that meet the BMS dress code.
- Shorts must be longer than fingertip length and follow the BMS dress code.
- **MUST HAVE Athletic shoes with laces that can be tied.**
 - *No crocs, slip on vans, cowboy boots or dude shoes.*

YOU WILL NOT BE ABLE TO EARN ANY POINTS IF YOU ARE WEARING UNSAFE FOOTWEAR.

DAILY (6) POINTS

1. Appropriate Physical Activity Attire (1pt)
2. Following Directions and Being Respectful Towards Peers and Teachers (2pt)
3. Participation (3pt)
 - *1 point for limited participation, 2 points for moderate participation, 3 points for full participation*

WRITTEN EXAMS AND ASSIGNMENTS (10-15pts)

Written Exams will be based on:

1. Rules and regulations of the activity.
2. Techniques and Strategies.
3. Knowledge and history of the game.

IF YOU ARE GONE FROM CLASS FOR ANY REASON NOT SCHOOL RELATED:

- Make Up Assignments for Excused Absence Consist of:
 - 30 Minutes of an Activity (per day), This can be filled out on a make-up form on google classroom.
 - EX: WALKING DOG, RAKING LEAVES, BIKING, PUSH-UPS
 - This must be turned in before **MIDTERM/TERM END.**

Unexcused Absences Will Not Have The Opportunity For Makeup.

UNABLE TO PARTICIPATE:

1. A doctor's note must be presented by the parent/guardian to the Health Office in order for the students to be excused from PE for an extended period of time.
2. A parent note will be accepted to excuse the students for **ONE DAY** for minor issues. This note is only good for **ONE DAY**. Further days need a note from a **DOCTOR.**

BY SIGNING THIS DOCUMENT - DONE DURING CLASS ON THE FIRST DAY OF THE NEW SEMESTER, I HAVE READ OVER THIS INFORMATION AND UNDERSTAND THE POLICIES AND PROCEDURES THAT ARE REQUIRED FOR PE & HEALTH. THIS MEANS THAT I WILL BE HELD ACCOUNTABLE FOR MY ACTIONS.

Student Name: _____

Student Signature: _____

Parent Signature: _____