

WELCOME BACK WILDCATS



Why do we do P.E.?

Physical education prepares students to be physically and mentally active, fit and healthy...for life. Here are some of the many benefits children receive from a quality P.E. program:

- Improved physical fitness
- Skill and motor skills development
- Provides regular, healthful physical activity
- Teaches self discipline
- Facilitates development of student responsibility for health and fitness
- Influence moral development, leadership, cooperate with others
- Stress reduction - an outlet for releasing tension and anxiety
- Strengthened peer relationships
- Physical education can improve self-confidence and self-esteem
- Respect - P.E. helps you respect your body, classmates and teammates
- Experience in setting goals
- Improved academics - The big bonus benefit!

Why do we dress out?

Be Healthy: avoid wearing soiled clothes that can lead to odor or skin rashes.

Be Free: wear clothes that allow you to enjoy the full range of motion that your body is capable of experiencing.

Be Safe: wear clothes that allow you to confidently move without tripping, slipping, or getting stuck.

Be Ready: develop a habit that will allow you to always be ready when adventure comes knocking!

DRESS FOR SUCCESS

in physical education and physical activity



DRESS FOR SUCCESS & **BE HEALTHY**



As you exercise, your clothes become soiled with things like sweat, oil, and dead skin cells that rub off due to friction. When left in clothes, these body soils can form bacteria that can cause odour, blocked skin pores, and skin rashes.

Although it is important to wear athletic clothing when being active, it is also important to change out of those clothes once you are done (washing them is a good idea too!)



DRESS FOR SUCCESS & **BE FREE**



One of the joys of living a healthy, active lifestyle is the opportunity to experience and enjoy movement in all kinds of new environments.

When we wear clothing that is appropriate for physical activity, we get to move as freely as we can without worrying about our clothes limiting our movements.

Don't let your clothes slow you down!



DRESS FOR SUCCESS & **BE SAFE**




Being active requires us to be able to quickly change levels, speed, direction, and force at a moment's notice.

Clothing that is not appropriate for physical activity can cause slips, trips, and limited movements. In turn, this can lead to injuries that could keep you sidelined from your favourite physical activities. Be safe by wearing appropriate clothing & footwear when being active!




DRESS FOR SUCCESS & **BE READY**



Leading a healthy, physically active lifestyle means that adventure might come knocking at your door when you least expect it. When it does, you want to make sure that you are ready for it! This involves having the competence, confidence, and clothing that will allow you to be a part of the adventure!

When you bring your clothes to P.E. class, you're building a habit that involves planning ahead so that you're ready to include as much physical activity into your day as possible!



PE UNIFORMS

- The SMS PE t-shirt and shorts are available at the student store.
- Students can wear sweatpants instead of shorts. Students can purchase the SMS sweats or buy them elsewhere. If purchasing sweats elsewhere, please remember to purchase inexpensive cotton fleece material in **BLACK, NAVY BLUE, ROYAL BLUE, GREY, or WHITE**. Nylon sweat suits, expensive sweats, and “rip away” sweats are not allowed.
- No logos can be worn. You may not wear any clothing inside out.
- Leggings may be worn; however, **P.E. SHORTS MUST GO OVER LEGGINGS.**



PE UNIFORMS - PRICE LIST - STUDENT STORE

- All PE clothing/athletic bags can be purchased at the student store.

PE T-Shirt \$9



PE Shorts \$13

**PE Dri-Fit
Shirt \$13**



PE Hoodie \$21



PE Sweatpants \$17



P.E. Athletic Bag \$6



PE UNIFORMS

- **Altered or severely ripped PE clothes will not be allowed. Students will need to purchase new items.**
- **Shoes must be tightly fastened laced up athletic shoes. Velcro strapped athletic shoes are allowed. No Croc style shoes allowed.**
- **All PE clothes must be marked on the name bar with a black permanent marker with your first and last name, and with no other markings. Hoodies can be marked on the inside tag.**



The Locker Room

- **Students will store their PE clothes in their locker.**
- **Each student has his/her own locker.**
- **The locker is big enough to hold a backpack and student clothes.**
- **Anything too big is stored in the PE teachers' office.**



LOANER CLOTHES

- **MONDAYS & TUESDAYS ONLY!!!**
- **Loaner Clothes are available for students who are not prepared with their uniform on a first come first serve basis.**
- **Loaner clothes can be used two (2) times per six (6) week period without receiving a “non-dress”.**
- **Failure to return loaner clothes will result in loss of loaner clothes privileges during that six week grading period.**



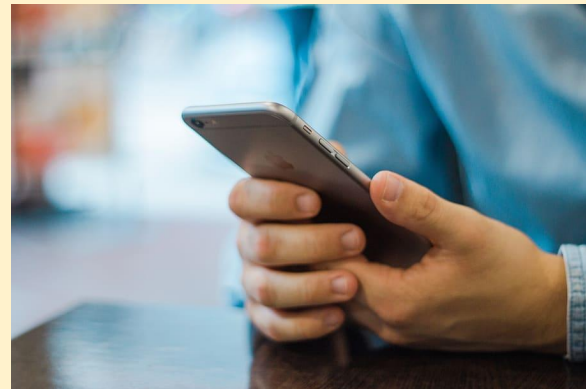
NON-DRESS

- **Not wearing my appropriate P.E. clothes, tightly fastened laced up athletic shoes, & name on the appropriate items) will result in a non-dress**
- **Wearing visible under clothing other than solid grey, white, royal blue, navy blue, or black will result in a non-dress**
- **Using loaner clothes more than two (2) times in a six (6) week period will result in a non-dress**
- **Failing to remove all of your “school clothes” and coats/jackets will result in a non-dress**



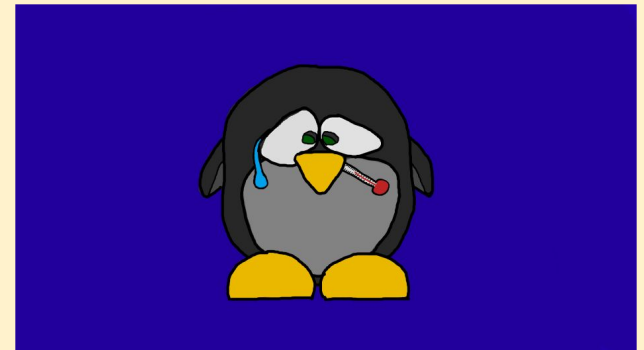
What happens if I get marked for non-dress in P.E?

- 1st non-dress: Warning/Parent Contact
- 2nd non-dress: Lunch detention
- 3rd non-dress: After school detention
- 4th non-dress: Office referral



Parent & Doctor Notes

- **Daily participation is required.**
- **A student who needs to be excused from participation because of illness or injury **MUST** bring a note from home.**
- **After the third consecutive day, a doctor's note is required.**
- **UNLESS A STUDENT IS MEDICALLY EXCUSED, HE/SHE IS STILL REQUIRED DRESS IN THE REGULAR PHYSICAL EDUCATION UNIFORM.**
- **The teacher may assign an alternative activity with consideration for the illness or injury.**



**What do we expect
from you in P.E?**

The Three R's

- Be Respectful
- Be Responsible
- Be Ready

BE RESPECTFUL

- I will keep my hands, my feet, and other objects to myself.
- I will allow everyone to participate without disruptions.
- I will use language that is respectful to everyone.
- I will respect other people's belongings including the teachers'.
- I will keep my locker clear of graffiti, mirrors, stickers and other decorations.



BE RESPECTFUL/RESPONSIBLE

Especially in the locker room



BE RESPONSIBLE

- I will behave in a **SAFE** manner for myself and others **AT ALL TIMES**.
- I will be responsible for my own behavior.
- I will dress quickly into my PE Clothes and take care of my restroom and water needs.
- I will keep my PE clothes and valuable belongings in my assigned locker. (*The school and PE Department will not be responsible for lost, stolen or damaged belongings of students.*)



BE RESPONSIBLE

- I will only use my assigned locker and lock and will **NOT** share PE clothes with anyone.
- I will not have any glass containers in the locker room, for the safety of yourself and others.
- I will not use any curling irons, aerosol or pump spray products such as: Axe, Tag, Bod, etc. I understand if I do it will be taken away and not given back.



BE RESPONSIBLE

- **I will use the lock issued to me. Unauthorized locks will be cut off.**
- **I will be charged \$6.00 for the replacement of a lost or damaged lock.**
- **I will not consume any food, beverages, or candy in the locker room.**
- **After class activities, I will dress quickly, clean my locker area, return loaner clothes and go to the designated area to wait to be dismissed.**



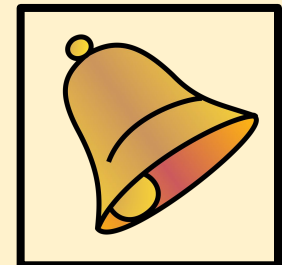
What if I'm absent?

BE RESPONSIBLE

- I will be responsible for completing a make-up assignment for the day(s) I am absent.
- Make-up Assignment Options
 - Teacher permission only assignment
 - If you are sick, injured, or on a medical note.
 - Self-recorded workout video
- Make-up assignments will be submitted in your teacher's Google classroom

BE READY

- I will be in the locker room by the time the tardy bell rings.
- I will have (5) minutes after the tardy bell rings to get dressed in my PE clothes, and get to my roll call number or I will be considered tardy. STUDENTS THAT ARE TARDY TO THE LOCKER ROOM OR TO THEIR ROLL CALL NUMBER (6) TIMES IN ONE TRIMESTER WILL EARN A “U” FOR CITIZENSHIP.
- I will be sitting on my roll call number ready for my teacher to take attendance and proceed with classroom instruction.



BE READY

- **I will be active and participate to the best of my ability daily.**
- **I will be a good sport, and play by the established rules.**
- **I will ask for permission to leave class to use the restroom or get a drink of water during class time.**



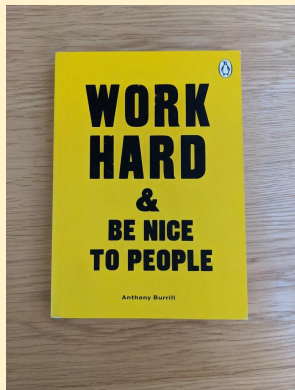
BE RESPECTFUL -- BE RESPONSIBLE -- BE READY

CONSEQUENCES FOR CHOOSING TO BREAK THE ABOVE RULES:

- Verbal warning
- Parent contact and detention
- Office referral

AUTOMATIC REFERRALS WILL BE GIVEN FOR THE FOLLOWING:

- Physical Altercations, severe classroom disruptions, and endangering the safety of others.



Grading Policy

PE Grade (Weighted)

- Participation 55% - 10 points/day
- Assignments 25%
- Fitness Assessments 20%

Grading Scale

90% - 100%	= A
80% - 89%	= B
70% - 79%	= C
60% - 69%	= D
0% - 59%	= F

Citizenship Grade:

In order to earn an Outstanding Citizenship Grade, students must not have received a non-dress, a detention, or a referral during the trimester. They must also add to the positive atmosphere of the class. A student will receive an Unsatisfactory Citizenship Grade for earning two detentions or a referral during a trimester. Six tardy marks to roll call in a trimester will also result in a U for the citizenship grade. A disruptive, negative, or uncooperative student may be suspect to a “U” grade even without receiving a detention or a referral.

Activity Units

- **Basketball**
- **Team Handball**
- **Volleyball**
- **Badminton**
- **Ultimate Disc**
- **Disc Golf**
- **Nitroball**
- **Pickleball**
- **Track & Field**
- **Softball**
- **Flag Football**
- **Soccer**
- **Birdieball (Golf)**
- **Bowling**

Weight Room



- We emphasize and enforce light weight and high reps.
- Maxing out is not allowed !!!

P.E. HALL OF FAME



P.E. Teachers may select a male and female student that go above and beyond meeting expectations in the classroom during their career at Salida Middle School. These students are exemplary P.E. students.

MEET THE PERSON RESPONSIBLE FOR YOUR

Choices



Grades



Success



Words



Actions



***Any* questions?**

Classroom

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful school property and others property	Stay on Task	Having necessary materials
Be Respectful other students and teachers	Participate in class	Chromebooks charged and at school
Be Respectful to who is speaking	Complete work	Phone off and put away
Follow directions that are given	Be on time for Class	Follow Dress Code



Hallway

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful of Others	Be Responsible and Walk to Class	Get to class on time
Be Respectful and Keep Hands To Yourself	Be Responsible and Throw Away Your Trash	Wait calmly at door
Be Respectful and Enter Classroom Quietly	Be Responsible and Go to Directly to Your Class	Bring necessary materials with you



Bathroom

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful and Respect Privacy	Wash hand and throw away trash	Use restroom during passing period and lunch
Wait your turn	Phone Away	Use the bathroom
Clean Up After Yourself	Flush toilet	Use the restroom and promptly return to class

Cafeteria

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful and Throw Away Your Trash	Walk to lunch	Go to lunch or class when bell rings
Be Respectful to Students in the Lunch Line	Follow rules and directions of staff	Walk around the blacktop and inside the cafeteria
Be Respectful and Be Mindful of Noise Level	Clean up after yourself	Phone off and put away



Library
Respectful, Responsible, and
Ready



Respectful	Responsible	Ready
Be respectful of your noise level	Be responsible and put books back	Listen and follow directions
Follow rules and directions	Take care of library property	Have the materials you need
Treat library furniture and supplies with care	Throw away your trash	Be ready to learn, read, or accomplish a goal



Office

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful and Polite to Office Staff	Be Responsible and Speak clearly	Be Ready and Return to Class Promptly
Be Respectful and Follow Directions	Be Responsible and Come In With a Purpose	Be Ready and Have Any Information or materials ready
Be Respectful and Wait Your Turn	Be Responsible and Walk in Quietly	Be Ready and Have Your Phone Off and Put Away



Bus

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful to School Property and Others Property	Be Responsible and Stay Seated	Be Ready and Have Bus Pass Ready
Be Respectful to Other Students and the Bus Driver	Be Responsible Use appropriate language and noise level	Be Ready and On Time to Your Bus
Be Respectful and Keep Your Hands and Feet to Yourself	Be Responsible and Calmly Wait to Enter the Bus	Be Ready and Have Phone Off and Put Away
Be Respectful and Listen to Those Speaking	Be Responsible and Keep All Hands, Feet, and Objects Inside the Bus.	Keep food and drinks inside your backpack



Gym/Auditorium

Respectful, Responsible, and Ready



Respectful	Responsible	Ready
Be Respectful and Polite to Office Staff	Be Responsible and Speak clearly	Be Ready and Return to Class Promptly
Be Respectful and Follow Directions	Be Responsible and Come In With a Purpose	Be Ready and Have Any information or materials ready
Be Respectful and Wait Your Turn	Be Responsible and Walk in Quietly	Be Ready and Have Your Phone Off and Put Away