



Physical Education Dress Code

Holly Grove Middle School 6th - 8th Grade Physical Education

Dressing Out Policies

To better prepare students for Physical Education classes and to build a healthy state of mind for fitness and daily activities, students in grades 6th - 8th grades will be **REQUIRED** to dress out for P.E. classes. Parents will be required to provide or purchase acceptable attire for class. If there is a financial need or concern, parents should contact the PE teacher.

The following dress code rules are:

(all clothes must adhere to the established school dress code)

Shorts: gym shorts- shorts must be “appropriate” length and acceptable in fullness for freedom of movement. Sweatpants are acceptable and encouraged during cold weather days. Athletic Capri’s are appropriate as long as they wear a long t-shirt that is not tied up.

Unacceptable Bottoms: Soffe’s, see through yoga pants, see through leggings, or see through shorts.

Shoes: Rubber soled tennis shoes. Shoes must have laces.

Unacceptable Shoes: topsiders, boat shoes, deck shoes, slip on canvas shoes, loafers, cleated shoes, elevated shoes, hiking boots, or flip-flops.

P.E. clothes should be kept clean and in good condition (not torn and no cut-offs).

Consequences for not dressing out:

If a student does not dress out and does not have appropriate shoes, she/he will lose all grade points for dressing out and participation for the day. The student will not be allowed to participate in daily activities for safety concerns.

If a student does not dress out and does have appropriate shoes, she/he will lose all grade points for dressing out of the day and will have the opportunity to earn half of their participation points by participating in alternative activity (walking,

steps, etc.) or earn full participation points if she/he fully participates in the daily activities. If the student does not participate, she/he will lose all participation grade points for the day.

If a student dresses out, but does not have a HGMS shirt, she/he will participate in daily activities. However, student will lose half of her/his dressing out grade points for the day.

1st offense: Verbal warning

2nd offense: Parent contact and alternative activity

3rd offense: Lunch detention and parent contact

4th offense: Classroom documentation

Consequences are based on one 3-week rotation of PE. Consequences will reset at the beginning of each rotation.

Thank you for your cooperation in this matter. If you have any questions concerning Physical Education policies, we always welcome your input. We hope this makes your child's P.E. experience more productive and enjoyable.