Name _____ Date _____ Period _____

Hellison's Responsibility Checklist

5 = Always   4 = Almost Always   3 = Sometimes   2 = Almost Never   1 = Never

_____ 1. I wear Durant approved dress out clothes that do not limit my movement and appropriate athletic shoes and socks.

_____ 2. I refrain from chewing gum and eating candy and/or food during class time (this includes the locker room).

_____ 3. For safety reasons, I prepare for PE and Fitness class by removing jewelry and/or hard hair accessories before exiting the locker room.

_____ 4. I keep my personal items (money, phones, jewelry, etc) safe by placing them into a locker and locking it.

_____ 5. I demonstrate safety and self control by entering and exiting the appropriate doors.

_____ 6. For safety reasons, I do not touch any equipment until given permission to do so.

_____ 7. I use all equipment properly and as the teacher instructed.

_____ 8. I demonstrate honesty and self control by completing all of the warm-ups as directed by the teacher, safely and appropriately.

_____ 9. I play by the rules and display good sportsmanship.

_____ 10. I encourage my teammates and play to the best of my ability, no matter the score.

_____ 11. I do my best in all activities, even those I might not personally enjoy.

_____ 12. I encourage my classmates (no taunting, no making fun of, etc).

_____ 13. I work well with my classmates, not limiting my interactions to only a few.

_____ 14. I listen, sit quietly and face the teacher while instructions are being given.

_____ 15. The teacher can count on me to stay on task, even when he/she is not looking directly at me.

_____ 16. I take care of my restroom/water needs before entering the gym/activity area.

_____ 17. When the teacher blows the whistle 3 times, I immediately stop the activity I am doing and clean up equipment.

_____ 18. I keep electronic items (Ipods, phones, kindles, etc) out of the gym.

_____ 19. I arrive to the locker room area on time and leave the locker room on time.

_____ 20. I ask permission before leaving the gym or other assigned area.

_____ = Total Score