

**2021-2022**

## **Durant Road Middle School Physical Education/Fitness Procedures**

The following procedures should be followed for the security and safety of all students in the Healthful Living program. Please read, sign and return to your Physical Education teacher.

1. There will be no locker rooms and no dressing out for PE & fitness weeks. Come dressed for physical activity and have on proper & safe footwear. You may change your shoes during class from what you wore to school that day.
2. If a student has unsafe clothes or shoes prohibiting participation, an alternative assignment will be given. Students are expected to complete the assignment to earn a partial grade for the day. If students are habitually not prepared for PE and fitness (ie-unsafe shoes and/or dress), disciplinary action will be given and ALC for work recovery will be provided for partial credit. Come prepared each day!
3. All belongings will be placed in the "PE Hallway". This is the hallway in between the gym and locker rooms. Place your belongings in your teacher's section along the wall and then go straight into the gym to your attendance spot and SIT DOWN. No students are allowed in this hallway unless with a teacher at the beginning and end of class. A camera is in this hallway and will be watching the bags as well for safety.
4. When we are outside, we will line up at the "D" painted on the sidewalk before walking into the building as a class. Do not run up to the building ahead of the rest of the class.
5. If a student is injured or has been sick, please send a note explaining the cause of the problem with the dates the student needs to be excused. A doctor's note is needed for an extended illness of more than 2 to 3 days.
6. Physical education equipment must not be touched unless a teacher instructs one to do so. Do not enter the equipment room or leave your assigned area unless told to do so by a teacher.
7. Self-control and good sportsmanship should be shown at all times. Students should follow all directions, actively participate in all activities, and put their best effort forward. Points will be deducted for students sitting out and refusing to participate.
8. Gum, candy, drinks and/or food are never allowed in the gym.
9. Please report an injury to a PE teacher immediately. Parents will be called if necessary.
10. No electronic devices should be out at any time during PE, fitness, or health unless otherwise stated and permitted by your teacher. Keep these in your backpacks. Failure to comply will result in consequences.

**Parent signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Student signature** \_\_\_\_\_ **Date** \_\_\_\_\_