

## **Trinity Middle School Physical Education**

UNIFORMS	LOCKER ROOM	TARDIES
ATTENDANCE	MEDICAL	PHYSICAL EDUCATION COSTS
DISCIPLINE STEPS/DETENTIONS	GRADING	EXPECTATIONS

Physical Education is an integral part of the total educational process. It contributes both to the physical and mental development of the individual. Therefore, we feel as the Department of Physical Education at Trinity that it is our duty to enhance the quality of life of our students by way of educating them about health and fitness. We are dedicated to helping students achieve total wellness in their lives. Wellness is a state of healthy balance whereby an individual makes sound decisions regarding exercise and fitness, nutrition and diet and health habits. We teach and encourage our students to make healthy lifestyle choices in order to be more productive and healthier members of society.

### Attendance

Each activity day in P.E is worth a total of 5 points. If you are unexcused, you lose all points for that day and you will not be able to make up those points. If you are not dressed in proper attire for any reason (except medical from a doctor or parent) you will receive a ZERO for that day. It is YOUR responsibility to make sure you are prepared for class everyday.

### Tardies

Students will have 5 minutes to be dressed in appropriate attire and in their assigned attendance area.

### Uniforms

Proper attire is important for the student's safety; therefore, all students are required to wear the P.E. uniform. Students are also responsible for having their own uniform this includes the appropriate footwear, gym shoes only. (no hiking boots, deck shoes, shoes with heels, sandals, etc...). If there is any questions see your teacher. Students will not be allowed to participate without a complete uniform. If your uniform is torn, you will be required to repair or replace it.

Students may wear a white t-shirt, the navy/blue Trinity 5k or navy camp t-shirts. No shooting shirt, sport uniforms or tank tops may be worn. Athletic shorts or pants must be worn and shorts must be no shorter than 3" from the knee. You must be fully dressed before you leave the locker room. You may borrow for the day in the uniform box provided.

### Locker Room

In the boys locker room lockers can be used to store personal items. You may keep hygiene products and uniforms here if you choose. The locker that you receive will be your responsibility. Make sure you put all valuables in your locker at all times. If you are to use a lock you must inform the teacher first. The teacher will have access to your combination, but will not go into your locker unless administration and you are present.

In the girls locker room you do not have lockers, but you may bring in a cloth storage box to keep personal items or uniform in. You will place these in the space under the benches. There will be no locks so do not store any valuables in the boxes. Remember during home games the boys will be using your locker room so remove items on those days.

There are no aerosol cans or sprays allowed in the locker room. Food, Drink and Cell Phones are not allowed.

### Medical

Students may be excused from participating from class with a note signed by their parents, school nurse, athletic trainer, physical therapist or doctor. Your parents may excuse you from participation in class for only 2 consecutive days (to be made up for credit later). For more than two consecutive days you will need a note from a doctor. The doctor notes should be given to your teacher and school nurse as soon as possible. For medical excuses that will last longer than two weeks, the student will be placed in a study hall and be assigned to the [COPE program](#). If you need to see the nurse during school you must come to class first and get a pass from your teacher. You will be required to dress for P.E before you are allowed to leave. If the nurse is not in her office you must come back to class immediately. If excused from a parent the student may not participate in any after school activities. If excused from a doctor, depending on the injury/illness, the student will not be able to participate in any after school activities. See athletic director for those instances.

### Expectations

1. Be on time and prepared for class (proper attire)
2. To participate up to your capabilities (Give your best effort)
3. Demonstrate good sportsmanship
4. Be respectful towards teachers, classmates and all equipment
5. Develop a positive attitude for wellness
6. Have a positive attitude at all times

### Discipline

Listed below are the most common ways to receive a disciplinary action:

1. Not dressing for class
2. Improper attire
3. Insubordination and not following expectations
4. Disrespect for equipment, facilities, other students and staff
5. Food, Drink or Cell Phone in locker room
6. Abusing the activity cards

### Grading (5 Points)

Grading will be done on a total points system separated into categories:

2 Points- Cardiovascular and stretching

1 Point- Participation during activities

1 Point- Positive attitude during class activities

1 Point- Total effort on all activities

\*\*\*\*Homework, study guides and exams will be given for each unit and will be assigned a separate point value.

### Costs

Locker: assessed at damage

Equipment: cost to replace

I (student) \_\_\_\_\_, have read the Physical Education Department's rules and regulations for Trinity. Date\_\_\_\_\_