

Santa Fe Trail

Physical Education Requirements and Guidelines

Uniform:

Students must wear a gray tee shirt and black shorts with their name on them during PE class. They can bring their own or may purchase a PE uniform (see picture below). Uniforms will be worn in the proper manner. Failure to wear the PE uniform will result in a deduction from daily points and will miss out on the Friday menu day option. Students who forget their PE uniform, will have the option to borrow clothes. P.E. clothes are to be taken home every Friday and returned on Monday after laundering. Students also need to bring a swimming suit for our swimming unit in the pool.



Total Cost of Shirt and Shorts is \$10.00.



Class Procedures:

- 1.) Students are to be in the locker room when the bell rings. Roll will be taken when the bell sounds. Any student not in their designated roll call area will be considered tardy.
- 2.) Students will have 7 minutes to dress and shower (optional) at the end of class. Girls will have 15 minutes to dress and shower after swimming. One school towel will be provided by the school.
- 3.) No one is to leave the activity area or locker room until dismissed by a teacher.

Absences, Injury & Non participation:

A written doctor's note provided to the school nurse and kept on file is required for long term conditions (over 2 days). A parent's note is needed for short term disabilities.

If a student cannot participate over 1 week, an alternative activity or assignment will be discussed. All able students will dress out daily. Always keep your P.E. teacher aware of any medical problems.

An UNEXCUSED absence will result in the loss of daily points and can't be made up. EXCUSED absences can be made up within two weeks of absence. Absences relating to school athletic activities are considered excused and make-up work does not need to be completed.

Grading:

The Santa Fe Trail grading policy will be used to determine final grades. Each student can earn a total of 10 points each day. Points are determined by students dressing out, participation, attitude, behavior and sportsmanship.

Other Important Information:

1. Each student will be issued a locker for use throughout the year. Do not share locker combinations.
2. No food, gum, or drink is allowed in the locker room or gymnasium. Water bottles are allowed.
3. No jewelry or watches are allowed during activity. We recommend leaving all valuables locked up in your locker.
4. Please bring deodorant, lotion, combs and other necessities for your personal needs. No glass containers allowed!
5. Help keep the locker room clean and neat. Put towels in the proper towel bin and trash in the trash cans.
6. **Do Not** leave the gym, locker room, or playing field without permission.
7. Check in the P.E. office for lost items. Please turn in any found items.
8. **No Cell Phones, IPODS, IPADS or cameras in gym or locker room. Please leave them in your hall locker.**
9. Unacceptable language will not be tolerated in the locker room or gym.

Additional items can be added to this list throughout the year. If you have any questions, problems or concerns please speak to one of the Physical Education Team members: Mrs. Noland, Ms. Watkins, Mr. Potchad or Mr. Murrell. Please visit our school's website for swimming dates and information.

Parental Support

Parent/Guardian,

I have read and understand the Santa Fe Trail Physical Education policies and expectations and will do my part in upholding and supporting my child, the teachers and this program.

Parent/Guardian Signature

Student Signature

Date

Hour

Teacher
