

VERNON MIDDLE SCHOOL PHYSICAL EDUCATION

NATURE AND PURPOSE

What is physical education? Physical education focuses on the teaching of skills, the acquisition of knowledge, and the development of attitudes through movement. Physical education is a medium where the total learning experience takes place. It combines both the physical and intellectual stimulation of learning. The benefits from participation in these types of activities is unmeasurable. Researchers have determined that such experiences improve our total well being. In other words, physical activity not only improves our physical health, but it enhances our emotional outlook, and even stimulates our intellectual activity and ability. It improves our “wellness” in that it improves us totally. Physical education remains a vital part of the total process of education.

VERNON PHYSICAL EDUCATION PHILOSOPHY

The emphasis of the physical education program is to emphasize that students can substantially improve their health and quality of life by including moderate amounts of physical activity in their daily lives. It will be emphasized that even if you dislike vigorous exercise or previously were discouraged because of the difficulty of adhering to a program...benefits can still be accomplished. It is our hope that all students embrace a healthy and active lifestyle.

PHYSICAL EDUCATION STUDENT POLICIES:

Please read the following policies as it describes some important points in regards to our current physical education program. If you have any questions or concerns please do not hesitate to call us at school.

1. GRADING

There will be 10 points assigned each day. The points are given for the following areas:

4 points - Effort

4 points - Attitude

2 points - Cooperation

The grading scale is 100-92% (A) 91-90% (A-) 89-80% (B) 79-70% (C) 69-60% (D) 59% (F)

2. FITNESS

- * Fitness will be stressed in each class
- * Each student will undertake a series of fitness tests for personal growth and measurement using the Presidents Council on Physical Fitness Test.

3. DRESS

- * Students will dress out for each class. Students can not wear the same clothing they wore to school that day for physical education class. Failure to dress will result in loss of all credit for the class for that day.
- * Proper dress guidelines:
 1. shorts (no denim) or sweat pants
 2. tennis shoes with proper soles (no street shoes will be allowed on the gym surface.)
 3. t-shirt or sweat shirt
 4. No tanktops
- * No hats as per school rule
- * All hoop earrings and other body piercings need to be removed. This is a safety precaution for the students and is a mandated participation rule from the Iowa High School Athletic Association.

4. ATTENDANCE

- * Students are required to attend all classes.
- * **Notes from a parent will be accepted for the first illness or injury, then a valid medical excuse (issued by a doctor) will be needed to excuse the student from class.**

5. CLASS TIME

- * Students who are late to class will only be admitted with pass or tardy slip.
- Students will have 5 minutes before class to change clothes and be seated for attendance. After class students will have approximately 10 minutes for dress and shower time. Students are expected to be seated in wrestling room until dismissed, failure to do so will result in detention.
- During morning announcements students are expected to stop talking and listen.

6. LOCKER ROOMS

- * It is recommended strongly that all students dressing for physical education take a shower.
- * Towels and clothes are not to be snapped or whipped at other students.
- * Each student is given a locker in which to secure their belongings. Please make sure you place your clothes and other items in the lockers during class time.
- * Treat the locker room with respect. Any vandalism or misuse of property will be dealt with swiftly.
- * Appropriate behavior is expected in the locker room.
- * After students have showered and changed they are to return to the wrestling room until the bell rings. Do not hang out in the locker room or the hallways.
- * Do not bring glass containers into the locker room.
- * Be aware of water on the floor from the showers and outside activities. The floor does get slippery. Absolutely no running!

7. OFF-CAMPUS ACTIVITIES

- When walking to the track or high school, students will walk as a class safely and appropriately. Remember you are representing Vernon Middle School.

VERNON MIDDLE SCHOOL Physical Education Expectations

THE STUDENT WILL:

1. Try their personal best at all times.
2. Willingly look for ways to increase activity involvement.
3. Take direction from the teacher and classmates.
4. Use verbal and non verbal communication to benefit the class.
5. Allow others to be successful.
6. Cooperate during all activities and display a positive attitude.

"IT ISN'T HARD TO BE GOOD FROM TIME TO TIME, WHAT'S TOUGH IS BEING GOOD EVERYDAY."

-Willie Mays

Please tear off and return this portion to Mr. Read or Mrs. Pipho as soon as possible.

I HAVE READ THE PREVIOUSLY MENTIONED PHYSICAL EDUCATION POLICIES. IF THERE ARE ANY QUESTIONS OR CONCERNS PLEASE CONTACT MR. READ OR MRS. PIPHO.

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_____ **STUDENT SIGNATURE**

_____ **PARENT SIGNATURE**