

Physical Education

Fall 2022

Expectations...

Show up on time.

Students will have four minutes after the tardy bell to change for class.

Students need to be seated in their squads four minutes after the tardy bell.

If students are tardy three times it will be treated as an absence with out the ability to make up the lost points.

Participation.

Participation includes the warm-up, stretches, and the game/activity for the day.

This semester will include cardiorespiratory endurance days. These days will be some form of organized running to work on improving our mile times.

Clothes and Shoes.

You will need to bring a change of clothes daily! With that in mind please try not to wear the same clothes for multiple days in a row.

Shoes need to be gym appropriate. NO crocs, boots, or opened toed shoes.

Citizenship.

Students will be expected to keep a positive attitude when participating with fellow students.

Points will be lost for negative comments, arguing, and all points will be lost with some additional consequences for fighting.

We will not be loitering in the locker room. Get in, change, and get out.

Absences –

Unexcused absences will result in a loss of points for the day. You will have the opportunity to make these points by filling out a workout log. These work out logs will have to be done after school and turned in with in two days of the unexcused absence.

You will be permitted a limited number of excused absences before an alternative assignment is given. An excused absence means a doctor's note is turned into me or the office, not a note from doctor mom.

Mr. Gabriel c. Giarmo- 734-269-9003 x2515