**VETERANS MEMORIAL PHYSICAL EDUCATION DEPARTMENT**

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| The PE department believes in all students participating in a wide variety of physical activities during the middle school experience. The curriculum is designed to offer a broad spectrum of activities including team sports, individual sports, fitness, lifetime leisure recreational, and health-related activities. All students will participate in Fitnessgram. Fitnessgram is a complete battery of health-related fitness items that are scored using criterion-referenced standards. These standards are age and gender specific and are established based on how fit children need to be for good health. Every student will be taught Health and participate in Fitnessgram (Pre-Test and Post-Test) at some time during the student’s scheduled time in P.E. All activities have significant worth; however, not all students will enjoy the same activities. Thus, in designing the curriculum, we have created a program in which every student will find a favorite activity. |

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| **DRESS** |
| It is strongly preferred that you wear the VMMS Physical Education uniform to class. You are urgedto wear a red, white, or blue t-shirt and athletic shorts (with at least 4 1/2 inch inseam) to PE each day, so purchasing a VMMS PE uniform **(athletic short fifteen dollars and shirt ten dollars)** is your best option. **Students are also urged to** **have their last name written in permanent marker on the outside of both their shorts and shirts.**  You need to come to school each day prepared to dress out for Physical Education class. Sweatshirts and/or wind-pants (any color) may be worn to PE if needed during cooler weather. ***By purchasing a VMMS uniform you are giving back to the department, all monies will be used to purchase new equipment for the students.******No*** football/basketball jerseys or cut-off shirts/shorts or tank tops/muscle shirts are allowed. ***No*** jewelry of any kind is to be worn ***(such as, but not limited to necklaces, rings, ear rings, bracelets, watches, etc. made of metal or any other material is allowed)*** during P.E. activities. This is a safety precaution to help prevent injuries and help in keeping items from being damaged and/or broken during activities. These items are to be secured in your P.E. locker. ***Please send a small container or zip lock baggie to keep jewelry from falling into lower lockers.***  |

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| **LOCKERS** |
| **Students will be issued a PE lock and locker during PE class at a cost of ten dollars. If a student’s lock is lost, stolen or damaged, it is the student’s responsibility to replace the lock at a cost of ten dollars. Students are *NOT* to share lockers or give out locker combinations to other students.** |

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| **COSTS** |
| **LOCKER RENTAL: $10.00****SHIRTS: $10.00****SHORTS: $15.00****TOTAL: $35.00** |

**WE LOOK FORWARD TO VERY REWARDING YEAR.**