**BRMS 2019-2020 PHYSICAL EDUCATION GUIDELINES**

Welcome to a new school year! As you take time to read and discuss the contents of this letter with your child, keep in mind that understanding how I will assess learning will be a key factor in enabling us to work together. Let’s strive all year to keep lines of communication open and help students work to the best of their ability.

**Course Outline**

* This course enables students to develop skills and knowledge of physical fitness for lifetime activities. It gives each student the ability to explore the mental, physical, and social aspects of life and how each contributes to total health and well-being. The curriculum emphasizes safety, nutrition, cardiovascular and muscular fitness, body composition, and weight control.

**Course Objectives**

* Students will learn and demonstrate the proper techniques of sit-and-reach, sit-ups, push-ups, pull-ups, and pacer. They will then participate in a pre and post Fitnessgram testing.
* Students will learn about and demonstrate various aspects of personal fitness to include muscular strength, muscular endurance, flexibility, agility, and coordination through various workouts during the year.
* Students will learn and demonstrate the ability to eat a balanced diet and benefit from regular exercise.
* Students will learn about social health, health behaviors, injury prevention, and public health.

**Uniform**

* This year’s P.E. uniform is a gray shirt and maroon shorts. A receipt will be given for the uniform purchase. Hold onto the receipt for proof of purchase.
* The cost for new P.E. uniform is $25.
* Old P.E. uniforms are also acceptable. Old shirts cost $5.

**Lockers**

* The locker rental fee is $5 and includes a combination lock. Lockers are highly suggested, BRMS is not responsible for any lost or stolen items. If lost, a replacement lock will cost $10, if lost. Do not share your locker or combination with another student.

**Personal Fitness Daily Schedule**

* **Dress-Out**: Students will be required to dress out for class every day. Notes from parents or doctors are not excuses from dressing out unless permission from the coach is granted. Points will be deducted from this grade each time the student does not dress out fully for class (Appropriate Shorts, T-Shirt, and Tennis Shoes). The physical education uniform has places to put the students’ names. This option helps to maintain accountability of their uniform. Jewelry is not authorized except for studded earings. The appropriate footwear is required during class for safety purposes, which does not include flip-flops.
* **Roll Call**: Students will go to their assigned spot on the gym floor for attendance. Any student not on his or her spot will be marked absent.
* **Warm up:** Students will follow the warm up routine given by their coach.
* **Personal Fitness Routine:** Students will have different routines and drills each day. All students will be graded on their participation, behavior, attitude, and effort. Game day is not a reason for lack of participating.
* **Dress-In:** Students will enter the locker and dress back into school clothing.
* **Doctor/Parent Notes:** If a student cannot participate in gym class due to an injury or illness he or she is required to bring a doctor or parent note.

**Coach’s Rules**

* Not Permitted:
* food, drinks, gum, or candy in the gym
* bringing personal items such as basketballs, footballs, etc. from home
* talking while the coach is talking or during the warm up/technique demos.
* using cell phones can be used during class time.
* leaving class to work on another subject area (Media Center or Computer Lab)
* using note cards or books for studying during P.E.
* cursing or foul language
* Always maintain a Positive Attitude, be Respectful, and have FUN!!!!!!!!!!!

Coach Michelle Peters

Remind: Enter **Number** 81010 **Text** @9akh87h

Email: Peters.Michelle.M@muscogee.k12.ga.us

Canvas Calendar: <https://mcsd.instructure.com/calendar#view_name=month&view_start=2019-08-05>

Please sign and have your student return this sheet to his or her coach to show that both the Parent/Guardian and student are fully aware of the BRMS 2019-2020 Physical Education Guidelines.

Student Print First and Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Disciplinary Actions** – Discipline will be conducted in accordance with the Student Code of Conduct & Discipline.