PHYSICAL EDUCATION EXPECTATIONS

In Physical Education students participate in a regular program of vigorous exercises and activities. The following standards are recommended to protect each student and enable him/her to obtain the maximum benefit from the program.

1. **Appropriate athletic shoes** will be worn to class. This is important for the safety of the student. The shoes should be properly laced or fastened. Boots, sandals without tread, roller skate sneakers, open toe, high heels or other unsafe footwear are unacceptable for PE and will result in grade reduction.

2. To prevent loss, damage or personal injury, students should not wear jewelry during physical education class.

3. Food, gum, beverages (besides water bottles) and glass objects are to be kept out of the physical education area.

4. At all times, whether as a participant in an activity or game, or as a spectator, each student will behave in a respectful, sportsman-like manner.

5. Remain quiet while the instructor is speaking.

6. Take care of equipment and return it to the designated area.

7. All injuries are to be PROMPTLY reported to the teacher.

8. Students are expected to go directly to a number when arriving for P.E. class. Horseplay and use of equipment during this time will not be tolerated.

9. Students are encouraged to wear hats and/ sunglasses and to drink plenty of water during their P.E. time.

10. When the whistle blows, students are to line up.