

Basic Rules and Regulations for Jericho Middle School Physical Education Class

Follow directions, be safe, try your best, have fun

1. Be on time: If your PE period starts at 8:15 you must be out of the locker room and in the gym by 8:19. At this point the whistle will blow and you will take a seat on the gym floor and wait for instruction. Lateness will affect your overall grade since you will be missing class time. A large part of your physical education grade is based on participation. If you are late, you are not participating!!!
2.
 - If you were held late by a teacher, guidance counselor, or an administrator you must bring a late pass
3. The whistle means stop what you are doing, take a seat, and listen for instructions. This is for your safety. Please do not continue any activity after the whistle blows.
4. You must be prepared for class. If you are unprepared for class you will not be permitted to participate. Being unprepared for class will affect your grade. If you are not prepared you are not participating!!!
 - You will be assigned a locker in the locker room. It is highly suggested that you always have an extra change of clothing in your phys ed locker just in case you forget. The excuse, "I didn't know I had PE today" will not work
 - DO NOT SHARE YOUR LOCKER COMBINATION WITH ANYONE
 - DO NOT LEAVE YOUR BELONGINGS ON THE FLOOR OF THE LOCKER ROOM
 - IF YOU ARE HAVING TROUBLE WITH YOUR LOCKER LET YOUR TEACHER KNOW IMMEDIATELY SO THE PROBLEM CAN BE SOLVED
 - PROPER CLOTHING FOR PHYSICAL EDUCATION
 - a. T-shirt or sweatshirt
 - b. Athletic shorts or sweatpants
 - c. Sweat suits or warm-up suits are permitted
 - d. Sneakers **with laces** and socks
 - Please **do not** come to class in jeans, jean shorts, jean jackets, khakis, or khaki shorts (with the huge pockets), full button down shirts, sweaters, winter coats, sneakers without laces.
 - No jackets, books, bags, food (**this includes GUM**) or drinks are permitted in the gym
 - Bottles of water are permitted as long as they have caps
 - Your jewelry and valuables should be locked up in your locker or left at home
 - Post earrings or very small hoops are permitted. If a pencil can fit into your hoop earring it is too big.
 - **If you are not sure, ask!!!**
5. BE RESPECTFUL AT ALL TIMES!!! Treat people in the class with respect (including yourself). It's ok to help out a classmate or ask for help. FOLLOWING DIRECTIONS IS PART OF BEING RESPECTFUL!!!
6. Try your best at all the activities. Effort is one of the most impressive forms of learning.
7. My door is always open. I will help you with anything I can. If I am unable to help, I will find you someone who can.
8. My promise is that I will come to class each day prepared to provide a safe, interesting and fun learning experience for you and your classmates, but..... I will need your help and cooperation!!!