

RAINIER PHYSICAL EDUCATION

Parent/Guardian and Student Acknowledgement Form

Circle your son/daughter's P.E. teacher:

Harteau

Herren

Prather

Rempfer

We have read and understood the attached policies, procedures and expectations, and agree to abide by them.

Student Name (Please Print)

Period:

Parent signature _____ **Date** _____

Student signature _____ **Date** _____

RAINIER MIDDLE SCHOOL

PHYSICAL EDUCATION POLICIES, PROCEDURES AND EXPECTATIONS

Philosophy

The Physical Education program at Rainier Middle School is concerned with the physical, social, and emotional development of all students. Instruction is geared towards the development and appreciation of physical fitness, skill, and knowledge of each sport.

Goals

The goals of Rainier's Physical Education program are to:

- Develop knowledge of a wide range of sports with regard to rules, strategy, equipment and safety.
- Provide an opportunity to develop a competent skill level in individualized and team sports, and lifetime activities stressing agility, balance, coordination, power, reaction time, and speed.
- Improve and maintain physical fitness.
- Create an appreciation for lifetime activities and good health.

Examples of Activities

Apparatus
Badminton
Basketball
Flag Football
Fitness stations
Floor Hockey
Games
Physical Fitness
Pickleball
Soccer
Softball
Tumbling
Ultimate

Physical Education Expectations

The Physical Education Staff expects each student to:

- Be on time to class each day
- Be suited up each day in proper attire
- Show respect to teachers, T.A.'s, other students, equipment, and one's self.
- Play to the best of one's ability
- Follow directions and safety rules
- Be responsible for belongings and school-purchased lock
- Show a positive attitude and good behavior
- Be an active participant
- Do all make-up work for missed class time.
- Have fun!

Students may expect the Physical Education staff to:

- Supervise all activities
- Instruct, evaluate and maintain discipline fairly and consistently
- Provide help for those who need it
- Be enthusiastic, positive and approachable
- Be a good role model
- Communicate with students and parents about achievements
- Provide a variety of individual and team activities, fitness testing, warm-up exercises and active games
- Provide a safe and positive environment
- To have fun teaching!

Rainier's Physical Education Grading Guidelines

Based on the Health and Power Standards (attached), grades will be based on the following criteria:

Participation

Each student is required to be fully suited up and to participate in all activities. Non-suited students will be assigned detention and their grades will be affected. These points can not be made up. Injured students are exceptions to this rule of course, and will be handled on an individual basis.

Students not having a note to excuse them from class *must* participate in that day's activities. A note from parent can excuse a student from class activities for two (2) days; a doctor's note is mandatory for longer term inactivity. Check with your fitness teacher about making up these days.

Students can make up absences by performing one hour of exercise outside of school. The make-up forms are located in each locker room and on school wires under Fitness and Health. **A signed note from parents** stating the nature, duration and date of the activity will assure the teachers that this has been done.

Note: **Anyone who does not suit up for P.E. may not suit up for after school sports**

Assessments

Each student may be assessed on skills, rules and strategies. Students are encouraged to study and practice at home.

A copy of these rules, learning targets and sports rules can be found on school wires under Fitness and Health.

Rainier's Physical Education Procedural Guidelines

The following rules and guidelines are made and enforced for the student's benefit.

- You will need to purchase a combination lock through Rainier. Only *school-issued* locks are allowed on baskets and lockers in Rainier's locker rooms. Others will be cut off. All personal belongings are to be locked up at all times. One lock per person. We will not open someone else's lock so you can get your clothes out. Memorize your combo.
- An inexpensive uniform is required, consisting of a T-shirt, shorts, socks and tennis shoes. No cut-offs, half shirts (there should be no skin showing on torso when raising your arms), tank tops, hats or boxer shorts are allowed. **Clothing worn to school cannot be worn to P.E. classes.** Shoes are to be tied at all times. Sweatshirts and sweatpants are encouraged as we go outside during first and fourth quarters.
- It is recommended that students should not wear jewelry in P.E. classes.
- Students are encouraged to take showers following P.E. classes, but they are not mandatory. Students will need to provide their own towels.
- Students are required to be in the locker room by the tardy bell. All students are to remain in the locker room until dismissed by the teacher or bell. When dismissed, students must exit from the front door.
- A lost and found will be maintained in each locker room.
- Classroom rules and expectations governing student behavior are in effect in the locker rooms, and will be observed and enforced. Behavior which endangers yourself or others—either physically or emotionally—will not be permitted.
- Students will be fined for intentional damage to school equipment and property.
- Cameras and phones may not be used in the locker room.
- Some students have allergies to sprays. Please do not bring in sprays that are deodorant, perfume/colognes or body sprays into the locker room.
- Students are required to report all injuries to the instructor **immediately.**

Rainier's Physical Education Non-Suit Policy

Every student is expected to suit up for P.E. every day. The following policy is designated for the student who has difficulty fulfilling this requirement.

Non-Suit Policy

1st Violation

- Student will be removed from activity for the period
- Student will lose daily participation points

2nd and 3rd Violation

- Detention will be assigned.
- Student will lose daily participation points
- Parents will be notified.

4th Violation, etc.

- Student will lose daily participation points
- Parents will be notified
- Friday school will be assigned.

