

# **Hudson Middle School Physical Education Classroom Expectations and Student Responsibilities**

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**Be Respectful, Be Responsible and Be Ready!**

## **Physically Education Philosophy:**

**To encourage maximum physical activity and participation while promoting teamwork, responsibility, and sportsmanship. Our goal is to ensure that each student develops emotionally, socially and physically.**

## **A Physically Educated Person:**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
3. Achieves and maintains a health-enhancing level of physical fitness
4. Exhibits responsible personal and social behavior that respects self and others in physical activity settings
5. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

## **Class Expectations**

Students are expected to demonstrate personal responsibility, respect for self and others, and an understanding of the daily lesson. We also set the high expectation that students learn to demonstrate cooperation and an “honest effort.”

**Uniform-** Students are **NOT** required to wear a school issued uniform to class this year. However, students are asked to wear appropriate physical fitness attire to school on the day they have PE. Athletic shoes are required (must be on your feet & tied). In cold weather, students are encouraged to bring sweatshirts/pants to wear as we plan on going outside frequently this year. For safety purposes, dangly earrings, long necklaces, bracelets, etc. must be removed before class time. Students are responsible for wearing a mask in class until activity begins. Once activity begins, indoor or outdoor and social distancing can be maintained, he or she may remove his or her mask. We would like all students to bring their own mask bag with his or her name on it.

**Communication and Class Material-** We will be using Google Classroom and school email to communicate with students through in class and remote learning experiences. Students are responsible for checking their school email and Google Classroom on a regular basis.

**Locker Room-** Due to Covid-19 restrictions, locker rooms will not be used this year for changing.

### **Discipline- Be Respectful, Be Responsible and Be Ready!**

Refer to Hudson Middle school handbook for the discipline procedures. However, each teacher will handle any classroom issues on an individual basis. We encourage all students to communicate with their teacher if they have questions or concerns.

**Grading-** Each class period the student is in session (whether remote or in-person) will be worth 10 points. The 10 points will encompass participation, sportsmanship, performance, and a variety of assessments.

**Medical Excuse-** Please see the HMS policy below:

**Injury or Illness Procedures:**

1. A parent note is required for students to be excused from PE class activities for 1 week or less. The note is to be turned into the school nurse, who will notify the PE teacher.
2. A doctor's note is required for students to be excused from PE class activities for more than one week. This note is to be turned in to the school nurse who will notify the PE teacher, school counselor and athletic director.
  - a. In lieu of PE the student will be assigned to study hall or team support until doctor's release.
  - b. The student will remain on the PE class list and will be **(E)** exempted from the assignments during this time. When missing the majority of the quarter the student will receive a **(M)** medical as a grade.
  - c. Once the doctor's release is obtained, please turn it in to the nurse who will notify the PE teacher, school counselor and athletic director. The student will resume PE class activities.
  - d. The counselor will check in with the student if no doctor's release has been provided, and will notify the school nurse, PE teacher and athletic director.
3. Students are required to participate in PE class in order to participate in a physical activity after school.

**Additional Guidelines**

1. We will have predetermined entry and exit pathways for all gyms.
2. We will use minimal equipment that will be sanitized after each use.
3. All students will be required to wash hands after each class.