

David E. Owens Middle School

Physical Education

Mr. Barese
EX. 7193

Mr. Bliss
EX. 7263

Mrs. Giordano
EX. 7271

Ms. DeLorenzo
EX. 7271

Welcome back to school! I hope everyone is rested and ready for an exciting year in Physical Education.

Procedures

- Students are expected to be on time for class. When the bell rings students should be in the locker room changing for class. Students have 4 minutes at the beginning of each class to change into PE clothes and 4 minutes at the end of each class to change back into school clothes before the next period begins. Students not out of the locker room and in their squad spots on time will be considered late.

Locker Room

- Students are expected to have good behavior while changing in the locker room
- Physical Education staff are not responsible for lost or stolen items in the locker room. Valuable items should be stored in the student's hall locker.
- All students need to purchase their own locks. PE staff will record the combination for our records. If locks are lost a new lock must be purchased.
- Only students who are changing for class are allowed in the locker room.
- Students can use stick deodorant. Absolutely no sprays, these can trigger allergies or asthma reactions.
 - No warnings for sprays in the locker room, automatic detentions given for policy violation.

Phys Ed Uniform Policy

- **Plain GRAY or GREEN short-sleeved t-shirts** (New Milford shirts are allowed in gray or green, not white, No cutting of sleeves or neckline)
- **Plain black shorts** (no sagging allowed, no jeans, no dresses, etc.) Shorts must be longer than fingertips while arms are at their sides.
- **Plain black sweatpants** (with drawstring)
- **Sweatshirt for cold days** (can be any color or type, no heavy jackets)
- **Athletic shoes** (running or sport -No slip-ons, heeled, Uggs, boots, slippers or flip-flops - shoes must surround ankle for adequate protection)
- **No tank tops are permitted for boys or girls**

P.E. clothes should be kept clean and in good condition (not torn and no cut-offs). They will be treated just like school books, students will have to plan ahead and bring clothes and shoes to P.E. daily. No time will be given to retrieve clothes or shoes from school lockers during class.

Other Points

- No cell phones (8th grade)
- No food, lollipops, etc.
- Play by the rules, show sportsmanship, and be humble

Medical Notes

All medical excuse notes must be given to the nurse at 8am when entering school. The nurse will make copies of the medical notes and pass that information along to his/ her physical education teacher.

- Parent notes for injuries or sickness should also be given to the nurse. These notes are only good for 1 day.
- If the injury or illness continues a doctor should be consulted for a longer excuse from class.

Grading Policy

| Grading Policies | <i>Excellent (A)</i> | <i>Good (B)</i> | <i>Average (C)</i> | <i>Unacceptable (D-F)</i> |
|---|--|--|--|---|
| Participation 55% | <ul style="list-style-type: none"> participates at all times is prepared for class consistently (0-1 unprepared) | <ul style="list-style-type: none"> participates most of the time during class prepared for class most of the time (2 unprepared) | <ul style="list-style-type: none"> participates some of the time Unprepared (3 unprepared) | <ul style="list-style-type: none"> refuses to participate off task interferes with others' participation unprepared (4) |
| Assessment 25% Performance Knowledge | <ul style="list-style-type: none"> demonstrates correct use of all skills necessary for success at all times shows improvement in skills presented comprehends the skills presented fully, understands strategies presented | <ul style="list-style-type: none"> demonstrates skills necessary for success on a consistent basis demonstrates an understanding of the skills presented | <ul style="list-style-type: none"> demonstrates skills presented at a introductory level comprehends the skills presented on a general, introductory level | <ul style="list-style-type: none"> does not perform skills presented up to grade level refuses to attempt does not comprehend the skills presented |
| Conduct 20% | <ul style="list-style-type: none"> demonstrates positive attitude in class and follows directions at all times, is respectful of fellow students and teachers as well equipment | <ul style="list-style-type: none"> demonstrates good attitude in class, listens consistently, is respectful of fellow students and teachers as well as equipment most of the time | <ul style="list-style-type: none"> requires constant reminders to remain on task in class and follow directions uses negative comments towards others | <ul style="list-style-type: none"> uncooperative physical/verbal abuse to students and/or teachers only individual |

A digital copy can be found on Google Classroom.