



## **LINDEN MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT**

Dear Parents,

We are happy to have your child in lifetime fitness this year and would like to familiarize you with some of the expectations for the school year. The first and foremost goal is to help your child achieve a successful school year. One of the ways to accomplish this is to keep lines of communication open between parent and teacher. We are available each day between for telephone or personal conferences and can be reached by calling 591-0723 (Becky Stockford 1st Hour 8:10-9:05), 591-0720 (Nick Douglass 2nd Hour 9:09-10:04), or 591-0722 (Andy Kargel 3rd Hour 10:08-11:03).

In order to guarantee your child, as well as all students in the class, the excellent educational climate they deserve, the following class rules will be in effect:

1. Students will follow directions the first time they are given.
2. Students will listen while the teacher or a guest is speaking.
3. Students are to be dressed appropriately and participate in all class activity.
4. Students will follow safety procedures at all times.
5. Students will demonstrate good sportsmanship at all times.

Note: The rules stated in the Student Handbook are also enforced in this classroom.

Failure to follow class rules will result in the following consequences:

1. Verbal warning / One-minute conference after class
2. IR / Removal from Class activity
3. Parent Contact
4. Referral to the Principal

Rewards:

1. Verbal praise.
2. Positive contact with parent (phone or note).
3. Demonstration of leadership (team captain, exercise leader, etc.).

**Each student's grade will be based on the following:**

Dressed appropriately for class activity  
Positive Attitude  
Effort/Participation  
Sportsmanship  
Punctuality/Attendance  
Cooperation with Teacher and other students

Appropriate attire for physical education includes:

- Athletic Shoes (NO sandals, street shoes/boots, elevated heels, or shoes without backs)
  - Shoes must be tied properly so that they will not come off.
  - Socks
  - T-shirt or sweatshirt (Sweaters, tank tops, and button-down shirts are not allowed)
  - Shorts or sweatpants (All shorts must be of appropriate length and may NOT be worn “sagging” below the waist line  
Underwear should not be visible)
- ❖ Blue jean shorts are not permitted.
  - ❖ Belts are not permitted.
  - ❖ Pajama pants are not permitted.
  - ❖ Skateboard (loose fitting) shoes will not be permitted.

**STUDENTS MAY NOT WEAR THE SAME CLOTHES TO PHYSICAL EDUCATION CLASS THAT ARE WORN DURING THAT SAME SCHOOL DAY!!!!**

**P.E. clothing must follow guidelines in the student handbook!!**

Students will be expected to dress and participate on a daily basis. Not dressing or participating in class will negatively affect their grade.

Students must present a note from home to be excused from participation, a maximum of 2 per trimester will be allowed. If an injury or illness requires more than two days out, a doctor’s note will be required beginning on the third day.

In this lifetime fitness class we will be participating in various forms of activities that will encourage the students to carry over the skills they have learned into a lifelong healthy and active lifestyle.

In the event that your student is absent from class, a make up assignment will be required. The student will be expected to read a sports/health related article and write a summary paragraph over the article. One article will be required for each day missed (Example: student misses 3 days of class, they will be required to read 3 articles and write 3 summaries).

In the event that your student cannot participate, per doctor or parent note, the above assignment will be given.

If a student does not have a parent or doctor’s note they will be given a homework assignment.

Student will have as many days to do the assignment as they were absent.

We hope that you will take the opportunity to discuss these guidelines with your student to ensure that the expectations for lifetime fitness are clear. Please do not hesitate to call should you have questions or concerns.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Mr. Douglass

Mr. Kargel

Mrs. Stockford