



### Physical Education

Course Description: The physical education program incorporates several content areas in a comprehensive program. Four main objectives include social interaction, active lifestyle, physical fitness, and basic sports understanding. The program utilizes age appropriate activities that are adaptable for students in grades 6, 7, and 8.

Course Grading Policy: The students will be graded daily based on effort and on task behavior. Their EFFORT reflects how much they perform to their ability. ON-TASK behavior is determined by how well the students adhere to the guidelines, rules and criteria set for the individual class. See grading rubric below.

<b>Effort</b>	Almost None 1	A little 2	Some 3	Good 4	Max 5
<b>On Task</b>	Almost Never 1	Rarely 2	Sometimes 3	Usually 4	Always 5

### Unable to participate

If a student is unable to participate, a note must be brought in and signed by the nurse **before** the start of class. If you need to be excused for longer than 1 week a medical excuse from a physician is required, the note should be taken to the nurse and the nurse will provide the Phys. Ed teacher with a copy. A doctor's note will be required before any student is allowed to return to active participation.



~ Proper Attire:

All students must wear sneakers, a crew neck t-shirt, and athletic shorts or sweatpants.

~Additionally, during the cold months of the year it is important that the students bring sweatpants and a sweatshirt. We will go outside! \*\*\*All students are expected to wear athletic sneakers that hold tightly to their feet.\*\*\*

~**6<sup>th</sup> grade students** are expected to come to class wearing a t-shirt and athletic shorts or pants and sneakers that stay on their feet. 6th grade students are not assigned gym lockers so it's important that they come to school in the appropriate dress on days when they have P.E.

~ **7<sup>th</sup> and 8<sup>th</sup> grade students** will have an option to use a gym locker. Lockers are only for students who are planning on changing into their P.E. clothes.

~ All books are to be put in school locker and not brought down to class.

**Haverford Middle School**  
**Physical Education Contract**

In order to participate in P.E class each student must wear athletic apparel. All students are expected to wear athletic sneakers with socks. All large jewelry should be removed. We emphasize a change of clothes for all students to promote personal hygiene. In order to earn full credit for class, the minimal expectations of meeting our P.E. dress code are required (see proper attire).

Refer to <http://www.haverford.k12.pa.us/hms/> website, under Programs and Services is the Health and Physical Education link. You will find information there.

Sincerely,

Physical Education Department Faculty

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**\*Please Return This Section\***

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Physical Education Teacher

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Class Period

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Days

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Student's Printed Name

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Student's Signature

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Parent/Guardian Signature

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Date