

Sims Middle School Physical Education Department
2018-2019 RULES and INFORMATION
Coach Schultz, Coach Runyon, Coach Buchanan, Coach Gregson

1. Each student will have an individual locker. Each locker must have a combination lock. **No key locks will be permitted.** Your combination must be given to your teacher.
2. Excused absences are accepted from a doctor, parent or guardian. A parent note will be accepted for no more than **3** consecutive days or **6** days total during the 9 week period. A doctor's excuse is necessary if the student is to be excused for more than three days or for lengthy illnesses or injury.
3. Dress out daily into a light color shirt, dark shorts, socks and shoes. Label all clothes and other personal items with first and last name. Always put your possessions in your locker and lock it prior to joining your class and again after you have dressed in. Read the information board daily to know where to go after you have dressed out. Shirt and shorts set will be available to order.
4. You may have a water bottle, Gatorade or Powerade with you. **No soft drinks.**
5. You may have a hat and sunglasses only to be worn **outside not inside.**
6. After the tardy bell rings, you have **5 minutes** to dress out and report to the assigned area. You will have **10 minutes** to dress back in at the end of the P.E. class.
7. Everyday we will run a distance and have an organized warm-up period.
8. After dressing back in, you may wait quietly in the hallway or in the locker room.
9. Your grade will be based on dressing out and participation (**80%**) and a written test (**20%**). You will receive a handout for each activity to study by.
10. **Students earn 10 points a day in PE. If you are not dressed out you will lose 5 points on the first offense and all 10 points for each subsequent offense.** Parents will be notified when a student's grade falls below a 70 (due to not dressing out). You may not participate if you are not dressed out and you will be assigned an area to walk. Layering clothes is not considered dressing out. You may also lose all 10 (or 9, 8, ...) points for lack of participation (if dressed out) and you may be assigned an area to walk.
11. Horseplay in the locker rooms will not be tolerated. If you cannot behave in the locker rooms you will lose your points for the day and be assigned an area to walk.
12. At the end of each week lost and found articles still remaining in the boy's locker room will be sorted and taken to the ISS room. Every other week those items still remaining in the ISS room will be donated.
13. Students should never enter the teacher's office without permission.
14. Students must never re-enter the locker rooms or multipurpose room during class activity unless given permission by their teacher.
15. Profanity and fighting are not allowed. They will be dealt with according to the school's discipline procedures.
16. If you have any medical problems let the teacher know (injury, medication, asthma).
17. Turn in all lost and found articles and quickly claim any items that are yours from the lost and found area in the locker room.
18. Absolutely **NO GUM or CANDY** during or after class, in the hallway, locker room or multipurpose room.
19. Put used paper towels in the trash cans not in the toilets and urinals.
20. The P.E. staff is not responsible for lost or stolen items, **LOCK YOUR LOCKER DAILY.**
21. All cosmetics, perfumes and deodorants must be in plastic containers, **NO GLASS.**
22. Any Questions?? <http://www.santarosa.k12.fl.us/sms /Activities/PhysEd/pe.htm>