

**PEACOCK MIDDLE SCHOOL  
PHYSICAL EDUCATION  
Mr. Anderson and Ms. Stelk**

**CLASSROOM RULES**

**1. STUDENTS:**

- \*Will be respectful towards all staff and peers.
- \*Should be on time for class. If they fail to do so (come without a pass), the 5-Step Discipline Process will be initiated.
- \*Have five minutes to dress in their uniforms, and sit in their assigned squads within the five-second countdown.
- \*Are to sit quiet and sit under control while teachers are taking attendance.
- \*Must be in their assigned lines during attendance, warm-ups, and stretching.
- \*Will be allowed five minutes to dress after class has finished.
- \*May not leave the gym area at any time unless permission is given (trip to the bathroom, water fountain, etc.).
- \*May not use equipment without permission.
- \* Offices, equipment room, stage, and teachers' offices are off limits (unless given permission).
- \*Shall participate in all activities to the best of their abilities.
- \*Must wear their PE Uniforms and gym shoes to class. Students, who do not wear their PE uniform, will participate in their street clothes. A total of four points will be deducted from the student's participation grade for each "no dress" day. On the third "no dress" day occurrence, the 5-Step Discipline Process will take effect. Students will be eligible to make up their first three "no dress" days by attending a supervised fitness session before school. More than three "no dress" days will result in permanent point deductions that cannot be made up.

**2. PE ATTIRE REQUIREMENTS:**

- \* Peacock Chargers PE shirt
- \* Peacock Chargers PE shorts
- \* Athletic socks and gym shoes
- \* No symbols, writing designs, or rips are allowed on uniforms.
- \* Locks and lockers will be issued. Students are responsible for keeping them in good condition. There is a \$7.00 fee for any lock not returned.
- \* Respectful and responsible behavior is expected in the locker room and gym area. Washrooms are to be kept clean.

**GRADING POLICY AND PROCEDURE**

**Breakdown of daily points awarded to each student**

Warm-up Activities	2 pts.
Effort/Character	6 pts
Uniform deduction (if necessary)*	-4 pts.
	8 = TOTAL/DAY

\*As stated above, a total of four points will be deducted from the student's participation grade for each "no dress" day. On the third "no dress" day occurrence, the 5-Step Discipline Process will take effect. Students will be eligible to make up their first three "no dress" days by attending a supervised fitness session before school.

In addition to daily points, students will be given point values in accordance to their performance in the following:

1. Rules and regulations test for sport and fitness units
2. Skills test for units (To check for understanding, not for measuring athletic ability)
3. Miscellaneous assignments
4. Fitness Achievement (pre/post testing)

### **MAKE-UP POLICY**

When a student is absent, he/she is expected to make up the day(s). The student has one week from the day of absence to make it up, and must bring in a completed absentee form signed by the student and parent. This form can be accessed through the school website or a copy is available at class. "Make -up" days include sickness, injury, and family business. Students are required to participate in twenty minutes of extracurricular activity per missed class (running, walking, mowing the lawn, biking, blading, etc.) outside the classroom. They do not have to make up absences relating to Peacock functions (Nature Center, Field Trips, Band, etc.). If extended absences occur (beyond one week), written assignments will be issued.

### **SHORT/LONG-TERM INJURY**

If there is an unfortunate short or long term medical condition that a student may have that affects his or her PE performance (i.e., asthma, heart conditions, strains or sprains, etc.) the teacher must have knowledge and written documentation of it signed by a physician and parent. We need this information for our own records, so we can understand a student's given condition.

### **DISCIPLINE PLAN**

The following is a 5-Step Discipline Process that is followed to keep order in the physical education classroom. Each continual infraction of the rules of the class will result in a more serious reprimand, regardless of the type of discipline problem. In certain instances, steps in this plan may be bypassed in order to meet the severity of the infraction.

1. Student Conference
2. Sit out & Parent Contact (phone call or email)
3. 30 Minute Detention
4. 1 Hour Detention
5. Office Referral