

## Daily Procedures

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A tardy in Physical Education is not being seated on your roll call number when your teacher takes roll.

Backpacks must be kept in the locker room at all times. You may NOT bring your backpack out to PE. If your backpack does not fit in your locker, take your valuables out of your backpack and store them in your locker.

Make sure you have everything you need when leaving the locker room. You will not be allowed back in once you have left.

Class participation is over when **your** teacher dismisses you.

At the beginning of class, enter the locker room safely. No pushing and shoving to get into the locker room.

At the end of class, you must wait in the PE area under the canopy for the bell to ring. Leaving this area will count as a class cut.

### Possible Units

- Basketball
- Volleyball
- Pickleball
- Rugby
- Football
- Hockey
- Soccer
- Cardiovascular Conditioning
- Frisbee
- Team Handball
- Dance
- Softball
- Golf

## How Do You Act In The Locker Room? Just Remember PAWS

**P** – Prepare! Enter the locker room respectfully, go directly to your locker and change into your gear. Make sure you lock-up your valuables, have everything you need and exit the locker room as quickly as possible without hanging around.

**A** – Avoid HORSEPLAY IN THE LOCKER ROOMS! Keep your area clean, graffiti free and clear from hazards. Only bring plastic bottles into the locker room. Keep your feet on the floor and respect the space of those around you.

**W** – Wait! Remain in the proper area until it's time to move, at the start of class on your assigned roll spot and at the end of class behind the waiting line.

**S** – Security! Keep your locker combination to yourself. It's not safe to share your locker with some else. If you keep your combination safely to yourself no one can get to your stuff. Please make sure that your locker is locked each day before you leave. If you lose something, it is your responsibility. Valuables (phones, money, MP3 Players, Video Games, etc.) should be left at home to ensure they are safe.

### Year-long PE Objectives

- ⇒ Students will demonstrate competency in a variety of motor skills and movement patterns
- ⇒ Students will demonstrate the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness
- ⇒ Students will recognize the value of physical healthy, enjoyment, challenge, self expression and /or social interaction

## NATOMAS MIDDLE SCHOOL PHYSICAL EDUCATION POLICIES

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### Physical Education Staff

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## Uniform Recommendations

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It is recommended each student dress daily in the appropriate Physical Education attire. PE clothes can be purchased in the student store. **\*Also acceptable wear (may be purchased elsewhere): Plain solid gray or white t-shirt, Plain solid navy blue or black shorts, sweatshirt, and/or sweatpants. Shirts must have sleeves.**

Tennis/athletic Shoes are required for PE. Flip flops, ballerina shoes, slippers, boots, etc will count as a **non-suit**.

**All PE garments must be labeled in permanent ink.** First and last name on the shirt, first initial, last name on shorts.

During cold weather, sweats are advised. Sweats may be worn **over** the students PE clothes and students may not wear sweats over their school clothes.

All PE clothes must be kept in good repair. A new uniform must be purchased if there are holes, tearing, writing, or any type of altering.

**NO** outer school clothing can be worn during PE. Students must change out of their school clothes and into their PE clothes. If school clothing is worn, it will count as a non-suit.

Physical Education clothes must be worn correctly. Clothes worn inside-out will count as a Non-suit (Suit-cut). Clothes without the student's name will count as a Non-suit (Suit-cut).

Natomas Middle School believes in kindness, but sharing PE clothes is not allowed. If you are wearing somebody else's clothes, it will count as a Non-suit (Suit-cut).

All new students are allowed two days from the date of enrollment to be in the correct PE uniform.

We recommend each student have a **combination** lock (not key) for their PE locker. If lost, they must replace it immediately.

## Excuses from Activity

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Parents can request that their child be excused from one to three days with a signed note. In the note, the parent must state: a) student's problem, injury or illness b) how long the excuse is to be in effect (1-3 days). An injured or ill student should not participate, but is required to do a written make-up assignment for each day missed.

Students must have the note with them on the day he/she is to be excused.

For any illness/injury that requires more than three days rest, a note from a medical doctor is required.

Health problems: Any specific health problems must be reported in writing to the PE teacher. Examples include: asthma, allergies, and chronic knee problems.

## Grading

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- **Daily participation** (Being on task, following directions, effort, participation) **50% of grade**
- **Assessments** (standards assessments, quizzes, tests, homework, official mile runs, fitness assessments) **25% of grade**
- **Cardiovascular Activities** (1 time per week—lead up workouts to the Mile for time) **25% of grade**
- **In case of an absence students are required to make up any work missed. If students are not in class, they do not earn participation points. A make up assignment is available. It is the students responsibility to get make up work from the locker room.**

## Panther Pride Pledge

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*I Pledge to show my Panther **PRIDE**. I will:*

- ◆ **Practice Responsibility**
- ◆ **Be Respectful to All**
- ◆ **Show Intentional Kindness**
- ◆ **Be Deliberately Safe**
- ◆ **Excel in everything PANTHER!**

## Locker Room Rules

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Lockers issued by PE staff must be kept in the condition in which they were issued. Stickers, tape, and writing are not allowed on the locker. Damage to a locker or lock will result in charges to the student assigned to that locker

Students are required to supply their own **combination** lock, non-combination locks will be cut off. The combination must be kept on file with the PE staff. If the lock gets lost or cut off due to leaving it on a long locker or because it is a non-combinations lock, the student is required to replace the lock.

Students will have one small locker to store their PE clothes in on a daily basis. There are long lockers available to use **during their PE class period only**. If the lock is left on the long locker it will be cut off that day.

Roll on or stick deodorant is the only acceptable item to be kept in the locker. Axe and other types of body sprays are prohibited on campus and will be confiscated.

Absolutely **NO** glass containers or food/drink allowed in the locker room.

**DO NOT GIVE OUT YOUR LOCKER COMBINATION TO ANYONE. AND DO NOT SHARE A LOCKER WITH ANYONE.**