**DEERLAKE MIDDLE SCHOOL**

**PHYSICAL EDUCATION DEPARTMENT**

Dear Parents and Students,

Welcome to the Deerlake Physical Education Program. The instructional staff has planned a program that will contribute to the growth, development, and needs of each student through physical activities. We offer a wide variety of activities to develop skills with a major emphasis on personal fitness and fun.

**The content will include, but is not limited to the following:**

* Safety practices
* Knowledge and refinement of body management skills
* Application of body management skills through games/sports and individual development activities.
* Fitness activities
* Appropriate social and personal behavior
* Critical thinking skills

**Physical Education Donation**

We are asking all Physical Education students 6th- 8th to contribute a small donation of 5.00 towards purchasing new equipment. Your donation will be used in the replacement of old equipment. We are asking for all donations by E Funds before Friday August 25,2023.

**DRESSING OUT**

There will be no use of the locker rooms this year. Students are required to wear clothes that are suitable for physical activity to the class. Please be aware of the weather for that day and dress appropriately

Spandex shorts are not appropriate dress out attire and T-shirts are to be worn in such a way that the middle of the body does not show; shirt sleeves may not be cut off and shorts must be worn in such a way that undergarments do not show.

**ATHLETIC SHOES AND SOCKS**

Athletic shoes are a part of the required physical education uniform. Any color is allowed. Rubber or metal cleats are not to be worn. Tennis shoes must cover the entire foot. Athletic shoes worn to school may be worn in PE class. Flip flops, crocs sandals, slides, or boat shoes are NOT acceptable footwear for activity. Students wearing such will not be allowed to participate in activity due to safety reasons and will lose points accordingly. Socks may be short or long and any color. Nylon stockings are not allowed.

**OTHER DRESS INFORMATION**

We further recommend names on shoes which help to identify them if they are misplaced. Lost and found items are kept in a designated area. Items not claimed in a timely manner will be donated to charity.

**GRADING POLICY**

Students will be graded on participation, skill techniques, and written tests. Every day, the student will have to opportunity to earn 20 points for participation. At the end of the week this will equal 100 points. Students will lose points for not following directions or not putting forth any effort. There could be other test and quiz grades throughout the 9 weeks.

**PARTICIPATION**

If the student does not have proper gym shoes on, they will be required to participate in a walking activity. Those students will have a designated area for that.

In case of illness, a student will be excused from participation provided they have a written note from a parent. **Please be advised that notes only excuse students from participation.** A doctor's note will be needed if the student cannot participate for more than 3 days. Students who cannot participate due to injury will be sent to the Learning Commons or a teacher’s classroom (if they have permission).

**TARDY POLICY**

Students are considered tardy if they are not in the locker room when the tardy bell rings. The following will occur if the tardy is unexcused.

* First Offense: Warning
* Second Offense: Parental Notification
* Third Offense: Referral to Student Affairs

**RULES IN GYMNASIUM**

1. **Eating, drinking, and chewing gum** is prohibited. Any open drinks or food will be thrown away.
2. No Foul Language
3. No Cellphones
4. Cell phones are not allowed at any time during school hours. They are to remain in the student’s backpack at all times.
5. Always be respectful of faculty and classmates.
   1. **THERE IS A ZERO TOLERANCE FOR BULLYING AND INSTANCES SHOULD BE IMMEDIATELY REPORTED TO A TEACHER.**
6. Do not write on bleachers, lockers, or walls. There will be zero tolerance for vandalism.
7. Report all injuries IMMEDIATELY to a teacher.
8. Students must sit in their assigned spot while the roll is being taken. Failure to do so can result in a student being marked absent.
9. Students must not touch equipment until AFTER directions are given.
10. When the whistle is blown, students must listen to instructions.

**DISCIPLINE POLICY**

If a problem arises in physical education class, the following will occur:

* First Offense: Warning/time out from participation
* Second Offense: Call home
* Third Offense: Referral to Student Affairs

Any Class II offense (bullying, fighting, vandalism, open defiance, etc.) will result in immediate referral to student affairs.

***STUDENTS ARE TO REPORT ALL ACCIDENTS AND INJURIES IMMEDIATELY TO A PHYSICAL EDUCATION TEACHER***

**HEALTH CONCERNS**

Please let the clinic and PE teachers know of any health-related problems your child may have. This information is needed to help us thoughtfully plan your child’s physical educational experience. You may contact us by email or write on the parent signature form.

If you have questions, please contact us at 850.922.6545.

**Physical Education Staff**

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| Mrs. LaNandra Watkins | Mr. Todd Alford | Mr. Jay Hipps |

**DEERLAKE MIDDLE SCHOOL**

**PHYSICAL EDUCATION DEPARTMENT**

**STUDENT/PARENT INFORMATION FORM**

**Please sign and return this page to your child’s Physical Education teacher by Friday, August 18, 2023.**

I have read the syllabus and understand the information provided about the Physical Education Program at Deerlake Middle School.

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| **Student Name (print):** |  |
| **Student Signature:** |  |
| **Parent Name (print):** |  |
| **Parent Signature:** |  |

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| --- | --- | --- | --- | --- |
| **Grade:** |  |  | **PE Teacher:** |  |

**P.E.** **Donation YES**\_\_\_\_\_\_\_\_\_  **or NO\_**\_\_\_\_\_\_\_\_\_\_

**Student Health Concerns**

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