

Physical Education Expectations and Guidelines

1. Students are required to dress and participate as directed for physical education activity classes. Students are required to change into a Prairie Grove Physical Education uniform. Each uniform should be marked with the student's name. Clothes should be taken home at least once per week for washing. "My clothes are being washed" is not an acceptable excuse for not having them for class. In lieu of the required uniform, students will be expected to participate wearing athletic style shorts and an appropriate t-shirt. Failure to have a full Prairie Grove uniform will result in a loss of partial daily points. If a student is not participating, they will be required to complete an alternative assignment signed by their parents based on the activity of the day.
2. Students must wear rubber-soled, closed-toed tennis shoes, which are laced up and tied. No dress shoes, street shoes, slip-ons, flip-flops, sandals, or heellies.
3. Each student is responsible for having sweats to wear when class is held outside in colder weather.
4. For safety reasons, ALL jewelry (i.e. necklaces, rings, earrings, and watches) must be removed (Exception – medical/ religious, taped to body). Long hair should be tied back during the entire class.
5. Each student is assigned an individual locker for P.E. clothes. Anything you consider of value should be locked in your gym locker during and after class time. Students are to use a combination lock to secure their personal belongings. Only locks purchased from Prairie Grove can be used. Lost or stolen jewelry and other personal items are not the responsibility of the school.
6. Personal hygiene products are encouraged, however, no spray aerosol products or cologne will be allowed. Also, no glass containers.
7. Purses, books, backpacks, book bags, and other items of value are not to be brought to the locker rooms. Students are responsible for their own valuables and should lock them securely in their hall lockers.
8. Class participation points will be given each day in class for participation, appropriate dress, and good effort.
9. Assigned homework must be handed in on time. Homework submitted one day late is a 50% reduction, and two days late will be a zero.
10. Students who are to be excused from Physical Education for less than 5 days need a note from their parents. Students who are to be excused from P.E. for more than one week need a note from their doctor. This doctor's note needs to be on file with both the Physical Education teacher and health office. If a student must be excused from P.E. participation, they will be provided an alternative assignment.
11. Students who have asthma/bee stings allergies must have an inhaler/epi pen and doctor's instructions on file in the health office. Each student is responsible for bringing their own inhaler/epi pen to EVERY class.
12. Students are not to enter or remain in the locker rooms when they are unsupervised. Appropriate locker room behavior is required at all times. Boys will enter the locker room through the gymnasium entrance and girls will enter using the hallway entrance. Students can begin dressing as soon as at least one other student is also in the locker room. Students will have 4 minutes to get dressed before being released to their assigned class.

13. Students are to follow class rules while in transit to and from outside activities, and to and from off campus activities. Off campus activities are a privilege, not a right, and behavioral expectations will be at a premium. Fees may be incurred as a result of an off campus activity. If financial assistance is needed, please stop by the office for details about this.
14. Students are NOT to use any equipment or begin any activity unless instructed to do so by the teacher.
15. There is to be no misuse or mistreatment of equipment or school property. Equipment rooms/teacher offices are not to be entered without teacher permission.
16. If a whistle is blown or the teacher is talking, students are to immediately quiet down and stop all activity. Students are to remain quiet until further instructions are given. Students are expected to follow directions the first time they are given. During class, no one is to leave the activity area without permission.
17. Class will be conducted in a positive and upbeat manner. Good citizenship and sportsmanship will be emphasized at all times. Don't put anyone down, encourage them instead. Respect the opinions of others and inappropriate comments should be kept to oneself.
18. Absolutely NO foul or inappropriate language, no derogatory remarks or sexual comments will be tolerated!
19. No fighting or other horseplay at any time!
20. Everyone is to remain in the locker room/gym until dismissed. The locker room is to be kept clean. Each student is responsible for putting personal items away and picking up any debris. Exiting will be through the hallway exits. We ask that the last two students leave as a pair so that no one is left alone in the locker room.
21. Homework/tests will be given for most units. Homework is to be done individually unless stated. Copying/allowing to copy will result in loss of credit and possible disciplinary action.
22. All school rules outlined in the Student Handbook apply to P.E. class, including no gum, candy, or food.
23. Failure to comply with any of the above items may result in disciplinary procedures.

Please complete the attached agreement form and return it to Ms. Asp, Ms. Schutlz, or Mr. Krabbe by the designated date.