

**E.M. Cope Middle School
Physical Education Program**

The Physical Education Department at Cope is very proud of the fact that we offer a comprehensive, sequentially planned, non-competitive program, which promotes physical, mental, emotional, and social well being. Utilizing the state framework as our guide, we established a series of 5-week courses that will help each student in his or her pursuit of life-long health. Each week students will participate in daily fitness-developing activities, and a bi-weekly cardiovascular fitness workout.

Expectations and Policies

1. Student Behavior

- a. Students are to act responsibly and respectfully towards other students, faculty, staff, facilities and equipment.
- b. Students are required to demonstrate appropriate behavior. Tackling, wrestling, or any other types of roughhousing that may result in injury are strictly prohibited.
- c. Students are to report to their assigned physical education numbers.
- d. After roll-call students will be dismissed to enter the locker room in order to dress out.
- e. At the end of the period, students are to wait in the physical education area until the dismissal bell rings.

2. Locker Room Procedures

- a. Students are expected to keep their locker room and lockers neat and clean.
- b. Students will be assigned a basket and combination lock in order to keep their uniforms, sweats, and shoes at school.
- c. Sharing of lockers, combination locks, and P.E. uniforms is prohibited.
- d. Long lockers next to each basket are available to keep clothes and supplies safe. Locks must be placed on the long locker. Long lockers are only to be used by a student during their physical education period.
- e. Students must check with their locker room teacher if they have lost or left anything out in the locker room. We do have a **lost and found**.
- f. If a school-supplied combination lock is lost it must be replaced. Replacement cost is \$7.00
- g. Food and drinks are **NOT** allowed in the locker room.
- h. Locker room privileges may be taken away from students who cannot follow locker room procedures.

3. Dress Policy

- a. P.E. clothes are required. Students must dress out in appropriate P.E. clothes and **may not** wear jewelry to P.E. class.
- b. Gold or white t-shirts and black shorts are the uniforms. They may be purchased in the office throughout the school year. **Students' last names** must be printed on their uniform in permanent marker. Shorts cost \$10. Shirts cost \$10.
- c. If P.E. uniforms cannot be purchased comparable clothes are accepted. Clothes with logos, advertisements, pictures, writing, and pockets are not acceptable.
- d. Shoes, which are comfortable for running and playing sports, are required. **NO** open-toed shoes, sandals, or boots
- e. Students may not wear school clothes or additional sets of PE clothes under their Physical Education uniform.
- f. On cold days students can wear any color sweatshirts or sweatpants (preferably without pockets) OVER their PE clothes. Students can not wear leggings, thermals, shirts, jeans, etc. UNDER their PE clothes. Reminder....no beanies or hats are allowed at school. This is a district policy.
- g. Loaner clothes are usually available for students who forget their clothes. Student must check with the locker room teacher during "dress out time" to borrow loaners. A school ID card must be turned in to borrow loaners, the ID card will be given back when the loaners are returned.

- h. Students failing to dress out in the proper uniform are consider a "NON SUIT". Non-Suits may result in detentions and student grades will be affected in a negative manner.

4. Physical Education Excuses

- a. If a student is ill or injured and still attending school they can be exempt from participation if they have a signed note.
 - 1. Notes from parents are honored on the day the note is written.
 - 2. Doctors notes are required if the illness/injury lasts over 5 days.
- b. Students are still required to dress out for P.E. unless specified by a doctor.
- c. Depending on the nature of the disability, teachers and counselors may prescribe alternative or modified programs with parental consent.

5. Make-up Policy

- a. Make-ups of days' activities will be allowed for excused absences and excused non-participation days only. These must be made up promptly upon returning to normal activity to receive full credit. Students must arrange with their teacher a time and place to make up the work.

6. Grading

- a. Students grades will be based on the following criteria:
 - 1. Attendance and Dressed out
 - 2. Participation, working to full potential
 - 3. Citizenship
 - 4. Skills and/or written tests

7. Hot Day Policy

The Redlands Unified School District policy **AR6122** states that if the temperature is above 90 degrees and/or the smog level is high, physical education classes need to be modified so as not to put the students at risk of having weather related health problems. We have been asked to limit running to 3 minutes or less and to modify or change our activities so that they are less strenuous.

At Cope, when the conditions are hazardous, we will do all that we can to keep students indoors or in a sheltered area to keep them cooler and out of the smog as much as possible. However, we will still exercise and participate in modified activities to help reach and maintain optimal fitness levels.

All in all, we will do all we can to ensure that students receive a comprehensive physical education program no matter what the weather conditions. Please feel free to contact us if you have any questions or concerns.

Physical Education Teacher: _____

Student's name: _____

Student's signature: _____

Parent's signature: _____

Parent's e-mail address: _____