

Lamar Middle School

Physical Education Student Policy and Procedures



We are excited to have your child in the Physical Education classes at Lamar. Below is an outline of the PE department class requirements, grading policy, and expectations.

PE Department Goals:

1. To educate students in different types of team sports, individual games, health units, and cardiovascular activities
2. To learn lifetime activities and skills while encouraging positive interaction with classmates
3. To promote physical fitness and improve current fitness level

Expectations:

1. Students are expected to dress out and participate each day.
2. If a student is ill or injured and is unable to participate, he/she must bring a signed note from a parent/guardian stating the reason for non-participation. The student is still expected to dress in appropriate athletic clothing. **Students who have participation restrictions will be asked to do, an alternative writing or research assignment during class.**
***Maximum non-participation days are 2 days per nine weeks with parent note.**
3. A physician's note will be expected if the student is unable to participate more than 2 days consecutively. Please have the doctor clearly state the student's restrictions and length of time he/she is restricted.
4. Students are expected to follow the coaches instructions, have a positive attitude, be respectful to teammates and coaches, and not be a distraction to others during class.
5. Students will be given a locker with a combination lock and are responsible for making sure that their lockers are closed and locked when leaving the locker room. Students are responsible for their lock and are not allowed to put their own locks on PE lockers. Replacement locks can be purchased if needed. Students have 5 minutes to change. Teachers are not responsible for the student's belongings. ****To reduce the loss of valuables: Students should never share lockers or share their combinations with anyone. ****
6. If a student is absent, he/she is expected to make up any missed assignments. It is the responsibility of the student to check with the teacher after an absence and turn in all completed work.
7. Students are to refrain from bringing food, drinks, or gum into the locker rooms.
8. Students may bring clear, non-colored water bottles to class.
9. Students are expected to be on time to class. Any student not present for roll call will be counted tardy.
10. Students should take PE uniforms/clothing home at least once a week to be washed.

Cameras:

It is a violation of law and district policy to use camera or any recording device in locker rooms or bathrooms. Significant consequences apply.

Grading:

Each 9 Week Grade is based on the following:

Major Grades

9 weeks fitness grade = 20%

Minor Grades

Daily Participation = 80%

Uniform:

Uniforms can be purchased from Locker Room Sports, but are not required.

To purchase uniforms you can go to:

<https://lamarmiddleschoolpe20172018.itemorder.com/sale>

Or order in person at Locker Room Sports

1565 West Main Street Ste 102

Lewisville, Texas 75067

If students do not have the LMS uniform, they must wear an appropriate athletic shirt (no sleeveless shirts), shorts, and athletic shoes. LISD dress code is enforced in PE. Students may also wear any LMS t-shirt. Please make sure your child's name is on the inside or outside of all clothing.

Students will be expected to dress out each day. This is part of the participation grade.

Cold Weather:

Students should keep warm athletic clothes in their PE lockers. Students will participate in PE activities outdoors even in cold weather, within the guidelines of the LISD Athletic Department cold weather policy.