**RANDOM LAKE MIDDLE SCHOOL PHYSICAL EDUCATION RULES/EXPECTATIONS**

We expect ALL students to be at their BEST. Students will demonstrate respect, responsibility, and resourcefulness while being involved in Physical Education Class. They will be graded on being at their BEST at all times (including the locker room and hallway area). 12 points can be earned each day. 3 points for behavior, 3 points for effort/participation, 3 points for sportsmanship/teamwork and 3 points for skills.

 **Behavior (3 points)** **Effort (3 points)**

Dresses in their own athletic shorts, tennis shoes Willingness to try

Attends class on time Maximum effort

No Gum chewing or Jewelry Working as hard as possible

Demonstrates self-discipline Achieves expected time in Target Heart

Appropriate use of equipment Rate Zone

 **Skill (3 points)** **Teamwork/Sportsmanship (3 points)**

Tries to improve skill level Follows class and Safety rules

Demonstrates highest level of learning Demonstrates positive sportsmanship

Attempts skills to the best of their ability Cooperates with others

 Accepts differences in others

**Physical Education Excuses and Make-Ups**

A parent may write a note that will excuse a student from Physical Education for one day. If a student needs to be excused for more than one day, they need a written doctor’s note. Students need to be participating in Physical activities and should not be excused for illness they can come to school with. Anytime a student cannot participate in Phy. Ed. class because they are absent, excused, or misses for other reasons; they must get a make-up slip from their teacher. Students can make up a missed Phy. Ed. Class by performing at least 45 minutes of aerobic, physical activity outside of the class that gets their heart rate up.

Please feel free to contact us if you have any comments, questions, or concerns throughout the school year.

Mrs. Averill at 994-2498 ext.320 or Mr. Kasubaski at 994-2498 ext.317

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We have read the Physical Education Rules and Expectations sheet and understand each of the guidelines from above.

**Please return the bottom of this sheet to your Physical Education Teacher by the first Friday of the school year.**

**Mrs. Averill\_\_\_\_\_\_\_\_\_ Mr. Kasubaski\_\_\_\_\_\_\_\_\_\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Your child has missed a Physical Education class on \_\_\_\_\_\_\_\_\_\_\_\_. Because they receive 12 points for daily work, the student must do some make-up exercise in order to receive their points for the day. They may do any activity that gets their heart rate up for 45 minutes. (Examples: Running, swimming, basketball, riding a bike, etc.)

**This make up sheet is due the last day of the unit.**

I am asking you to verify the fact that your child has completed this activity.

**PLEASE FILL OUT:**

**Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Activity\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Amount of time for activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Mrs. Averill and Mr. Kasubaski**

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**Activity\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Amount of time for activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Mrs. Averill and Mr. Kasubaski**