

MILLER MIDDLE SCHOOL
PHYSICAL EDUCATION
HANDBOOK

I. INTRODUCTION Welcome to Bob Miller Physical Education! The purpose of this handbook is to help you understand what you will be doing and what will be expected of you in Physical Education this year.

II. Objectives

- To have fun while learning physical skills and activities.
- To develop good habits and attitudes about healthful living.
- To develop physical fitness.
- To explore many skills for recreational use now and in the future.
- To encourage Cooperation, Sportsmanship, and Emotional Control.
- To develop qualities of leadership and the skills of accurately following directions and instructions.

III. Uniform

- School T -Shirt and Shorts (Purchased at School). Mandatory!!
- Shoes: Any color, but must be designed for physical activity. Shoes must be secured on your foot by either laces, which must be tied on the top, or velcro.
- Socks are required by all students.
- Cold Weather: Extra clothing may be worn.
 1. Sweaters, Sweatshirts, or Jackets may be worn over your P.E. Shirt.
 2. Sweat Pants, but not the pants you wore to school.
- Your name must be written on the front of your T-shirt and the left front bottom of your shorts. Last name, First initial in permanent black ink.
- There is to be no other writing on your P.E. uniform except your last name and first initial.
- If your P.E. uniform is written on, other than your name, torn or defaced in any manner, a new uniform must be purchased.
- Street clothes are not allowed to be worn to class at anytime.
- Clothes do get misplaced. Make sure your name is clearly printed on your P.E. shirt and shorts
- The school or teachers cannot be held responsible for lost or stolen clothes.

IV. Locker Room and Lockers

- You are to be in the locker room only during your class time and when supervised during after school activities.
- A locker will be assigned to you for your Physical Education uniform.
- Students are not allowed in the Physical Education teacher's office without permission.
- Lockers are a privilege that can be taken away.
- You may only use the locker during your P.E. period. You will be issued your own locker for the semester that you are scheduled for Physical Education.
- Do not give your combination to another student.

- Always double check to make sure your locker is closed.
- Special caution should be taken with money and jewelry. The school or teacher is not responsible for lost or stolen articles.
- If you have a problem with your lock or locker, report it to your teacher immediately.
- NO Aerosol spray of any kind is allowed in the locker room, this includes body sprays, colognes, and deodorants.
- Students should follow all posted locker room rules.

V. Activities/Assignments

- A. The day's activity will be posted for each class in the Physical Education office underneath each teacher's name.
- B. All students will have an opportunity to participate in a variety of activities.
- C. Multicultural assignments will be given throughout the year as required by the school district calendar.

VI. Grading

- Dressing in a Bob Miller Middle School uniform is mandatory. Students must rent clothes if they forget their own. It will cost 50 cents per item. Come to the Physical Education office window to rent clothes.
- Participation in all activities is mandatory, unless a student is excused by a Doctor or Parent note.
- When you are absent, excused or unexcused, see your teacher for the make-up assignment.
- It is the student's responsibility to get the make-up work from the teacher.
 - Skills and written tests will be administered for a variety of activities.
- Ten points are awarded each day for participation and dressing out. Daily points will be deducted for not dressing out properly, not participating to the best of your ability, and/or infractions of any class, locker room, or school rules.
- Each time an infraction occurs (i.e. tardy, gum, off task behavior, sagging, and all other rules stated in the school and P.E. handbooks) points are lost by a student and will result in a five point deduction.
- Students are given every opportunity to dress out every day. If for any unexcused reason a student does not dress out, each occurrence will result in a Dean's Referral for insubordination.
- Students not participating in P.E., due to an excused note, are still required to dress out and will be assigned an alternate activity.
- Make-up assignment sheets are located in the locker room on the book shelf.
- Grades are posted every Monday in the locker room for students to review.
- Grades are posted weekly on InterAct.

GRADING SCALE:

GRADE	%
A	90-100
B	80-89

C	70-79
D	60-69
F	0-59

VII. Academic Dishonesty

If students are found guilty of academic dishonesty (cheating), the teacher shall collect the assignment, mark a zero for the work, and notify the parent of the consequence. A second offense of cheating or continued academic dishonesty may result in a notice of required parent conference at which time future consequences will be discussed.

VIII. Make-up Work

Teachers shall provide an opportunity for a student to make up missed work due to any absence. Students shall be held accountable for the work (CCSD 5113.7). After any absence, a secondary student is required to initiate contact with the teacher(s) to obtain appropriate makeup work within three school days immediately following the absence. Once contact has been made with the teacher(s), specific makeup work must be completed and returned to the teacher(s) within a reasonable length of time, to be determined by the teacher and communicated to the student/parent or legal guardian. The makeup work must be returned to the teacher(s) by the specified due date if it is to be acknowledged. Students shall be allowed a minimum of three (3) days to complete makeup work.

IX Homework

Homework is expected to be turned in on the day it is due. Students should not turn in assignments late. If an assignment is turned in after its due date, the grade will be penalized 10% for every day it is late. Assignments will only be accepted up to five days following the due date, unless alternative arrangements are made with the teacher.

X. Citizenship: Your Citizenship Grade Will Be Affected By The Following:

- A. Attitude.
- B. Complying with school and classroom rules, including tardies.
- C. Attentiveness.
- D. Responsibility.
- E. Sportsmanship.
- F. Cooperation.
- G. Emotional Control.

Grading Scale:

Infractions i.e; gum chewing, tardies, infractions of school or classroom

1-3= O

4-7 = S

8-12 = N

13+= U

GRADE

O = Student was an excellent citizen in P . E.

S = Student's citizenship was satisfactory in P . E.

N = Student's citizenship needs improvement in P.E.

U = Student's citizenship was unsatisfactory in P. E.

XI. General Information

- Be seated by your locker and dressed for roll call on time.
- Never leave class without permission. Wait for your teacher to dismiss you to your assigned activity.
- After dressing sit by your locker and wait for directions from your teacher.
- Return to the locker room promptly after dismissal from the activity area, but do not go in the locker room until your teacher tells you to do so.
- No horseplay in the locker room or activity area.
- Handle equipment properly and safely.
- Do not share lockers or Physical Education uniforms.
- Take good care of the facility.
- Treat other students kindly and with understanding.
- Follow proper procedures when renting clothes.
- When you are excused from participation because of a doctor or parent note, you will be given an assignment to be completed for your daily points. It is your responsibility to see your teacher at the beginning of the period to receive your assignment before leaving the locker room. The completed assignment must be turned into your teacher.
- Please be responsible with jewelry, money, and other personal items, lock everything up in your assigned locker.
- The locker room must be neat and tidy and you must be seated and quiet before you will be dismissed.
- The bell does not dismiss you, your teacher does.
- Foul language will not be tolerated in class.
- Physical confrontations between students will result in a Dean's Referral.
- Students should report any problems with other students immediately to their teacher.
- No glass containers of any kind are permitted in the locker room.
- During inclement weather, students are sometimes required to participate in classroom activities. During these times, we may show school approved films related to sports activities.
- No food or drink, other than water, is allowed in the locker room.
- Water bottles are allowed in activity areas, except the gym, where fountains

are available to the students.

- A parent/guardian note excuses a student from participation for up to three days. A doctor's note is required to excuse the student from participation for any extended period of time.
- Sunglasses are not permitted in Physical Education class due to safety concerns.
- Bob Miller ball caps and visors are allowed to be worn outside. This is the only type of headgear allowed outside during class time.

MILLER MIDDLE SCHOOL PHYSICAL EDUCATION STUDENT AND PARENT EXPECTATIONS AND ACKNOWLEDGMENT

Dear Parents / Guardian:

We hope you understand why we have so many procedures. We have a large number of students who have to function in a limited amount of space. Most of the rules are designed for the students' welfare and safety. To excuse your child from any activity for more than three days, we will need a note from your family physician specifically stating the type of activity he/she is to be excused from and for what length of time. If your child has any physical condition which may limit his/her participation in physical activities please explain below.

Please read this handbook, sign and return this sheet with your child as soon as possible. Please feel free to call the P. E. department if you have any questions.

Thank You.

Mary Ann Hopper Clay Carpenter Rich Santigate Karen Robertus
Girl's P.E. 6/7 Boy's P.E. 6/7 Boy's P.E. 8 Girl's P.E. 8

I have read and understand what is expected this year in Physical Education.

Student's Name _____ St. # _____ Period _____
Grade _____
(Please Print)

Student's Signature _____

Parents / Guardians Names _____
(please Print)

Parent / Guardian Signature _____

Home Phone _____ Work Phone _____ Cell
Phone _____

Physical Limitations (If Any):

Thanks,
Bob Miller P.E. Department