Physical Education Requirements for Grades 5 to 8

You will be graded on the following four areas:

1.) Messiah PE uniform (socks, sneakers, and solid deodorant!) Please NO body sprays or colognes!

2.) Warm-ups – do all warm-ups!

3.) Respect (to teacher as well as fellow students)

4.) Effort/Skill – you will need to participate in all class activities to the best of your God-given abilities.

Each class period is worth ten (10) points. Points taken off will range from 0.5 to 3.0. If you are asked to leave the game or gym because of extreme behavior you will receive a 0 for the day.

 *If you are absent you will need to contact Miss Hinsch to receive a worksheet by 9:00 am of the day before your next class period. If you fail to request a worksheet or fail to turn it in on time you will be given 5.5 points. Email address –* *phinsch@messiahfp.org*

**If you forget your clothes – 1.) Earn 8.5 points on the first time, 2.) 7.0 points the second time, and 3.) 5.5 points the third plus.**

**Participate in projects throughout the year –**

1. Play60 – for grades 7 and 8. (If we get to participate.)
2. Physical Fitness Tests
3. Jump-a-thon

If you lose your uniform, see Miss Hinsch to purchase a new one. If you are waiting for a new uniform, your order needs to be in to Miss Hinsch already and you should bring a change of clothes (shorts and t-shirt) until your uniform comes in.

You will have five minutes to get changed at the beginning and the end of the class period.

**DOCTOR’S NOTE – A doctor’s note is required to be excused from physical activity. If the note says “NO gym class”, that will include all recesses and after school physical activities. Be sure to ask the doctor about specific restrictions and what you may be able to do in class. (example: the Iron Horse) You will still need to change into your uniform, but your participation activity will be changed for your protection. (And sometimes the protection of others.) Example: if you have a broken arm, you will still change into your uniform and walk or officiate a game for your PE grade. If you are totally unable to participate, you will need to do written work for your grade.**

You must use all equipment for its intended purpose. Remember to respect all school property.

Please sign and return to Miss Hinsch.

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 Student’s Signature