

OLV Middle School Physical Education 21-22

Mrs. Waltz

A. Appropriate Dress:

- **ALL STUDENTS MUST BE IN PE UNIFORM** for each P.E. class..
- **Standard attire includes:**
 - OLV Tee shirt, OLV athletic shorts, OLV sweatpants, socks White or Black, and sneakers..
 - OLV fleece, OLV Hoodie and sweatpants are encouraged for cold weather.
 - ☀ Physical Education classes may be go outside if it is not raining. ☀
- **Failure to have the proper uniform will result in a loss of points for that day.**

B. Grades: *A student starts off with 4 points each class period.*

- In PE Uniform for class.
- Written quizzes
- Skill and technique testing
- Warm-up activity
- Using equipment properly
- Fitness tests (personal fitness days)
- Participation in class activity
- Behavior / Sportsmanship

Scoring Criteria	0	1	2	3	4
<u>Participation</u> The ability to participate safely, follow the instructions, and stay on task	Student did not participate in class, follow the instructions, or stay on task.	Student needs constant reminders to participate, follow the instructions, or stay on task.	Student needs occasional reminders to participate, follow the instructions, or stay on task.	Student needs to be reminded to participate, follow instructions, or stay on task.	Student consistently participates, follows instructions and stays on task.
<u>Behavior</u> Appropriate respectful interactions with other, proper etiquette, sportsmanship, and use of equipment	Student did not respect others, use proper etiquette and/or language, or exhibit good sportsmanship.	Student needs constant reminders to respect others, use proper etiquette and/or language, or exhibit good sportsmanship.	Student needs occasional reminder to respect others, use proper etiquette and/or language, or exhibit good sportsmanship.	Student needs to be reminded to respect others, use proper etiquette and/or language, or exhibit good sportsmanship.	Student consistently respects others, demonstrate proper etiquette and/or language, or exhibit good sportsmanship.
<u>Attire</u> Appropriate attire for Physical Education class	Did not dress for class but choose not to participate in PE class.	Dressed for class but choose not to participate in PE class.	Not wearing appropriate footwear and uniform for PE class but participate in PE class	Not wearing appropriate footwear and/or uniform for PE class	Wearing appropriate attire for PE class

A “zero” grade for a safety or disciplinary infraction cannot be made up for a better grade

C. Excuses:

You are excused from dressing/participating in Physical Education class for the following conditions:

All written excuses must be presented to the teacher on the day of class or day returning to class.

1. School Related Activities.
2. Note from a doctor. (Must be presented to the teacher on the day returning to class)
 - Students on a medical excuse still need to obtain their daily participation points.
 - This can be done by choosing the following options:
 - Assist teachers with equipment set-up and breakdown.
 - Score keeping and officiating.
3. Note from the school nurse
4. Note from a parent/guardian - no more than two days of Physical Education class.

D. Locker/Gymnasium Facilities:

- Hand sanitizer before/after PE class.
- Deodorant should be brought to class.
- No horseplay in the gym/outside/locker room.
- No passes will be given to go to your locker before or after class..
- Once in the gymnasium, sit in the designated area for roll call and warm ups
- Equipment that is out prior to class and roll call is not to be touched.
- All equipment is to be used appropriately. No horseplay, safety is everyone's responsibility.
- **Unsafe/Swearing/vulgarity and hanging on the basketball nets/rims will not be tolerated.**
 - 1st Offense** - zero given for your daily grade
 - 2nd Offense and every one after that** - zero given for your daily grade and an office referral
- If a restroom stop is needed when you are in the gym, you must notify the teacher before leaving.

E. PE Curricular Offerings: *(May include any of the following and will vary each school year)*

Basketball	Eclipse Ball	Fat Bat/Whiffle Ball	Kickball
Fitness Testing	Flag Football	Floor Hockey	Handball
Lacrosse	Pickleball	Soccer	Speed Ball
Ultimate Frisbee	Volleyball	Fitness Station/Testing	Waltz's Ball
Nitro Ball	Tchoukball		

RETURN THIS PAGE ONLY!

Name (Print): _____ **Class:** _____ **M or W**

My signature indicates that I have read both sides of this document and understand the policies of the Our Lady of Victory Catholic School Physical Education Department.

Student's Name

Date

Parent's/Guardian's signature

Date

Parent's/Guardian Print Name

Please return to your Physical Education teacher Mrs. Waltz for your first class grade. (4 pts.)

This is due by your next PE/Health class.