

JEFFERSON JUNIOR HIGH SCHOOL
P.E. DISCLOSURE LETTER

Coach Dunnebacke: rdunnebacke@graniteschools.org

Coach Putman: cputman@graniteschools.org

Dear Student (Please share with parent or guardian):

Welcome to Jefferson Junior High School! This year's physical education program will be one which invites you to actively participate in a wide range of fun activities, some in which you have had experience and some which will present you with new challenges. All activities will be designed to provide you with success and the knowledge to live a healthy lifestyle. You will be graded individually and, if you follow the rules for our class, put out an adequate amount of effort, and do all written required work, you will earn a high grade.

Dressing: You should be dressed in your physical education clothes each day. This is for safety and hygiene reasons, and will reinforce responsibility. This will allow you to better execute the many skills and activities you will be doing in our class. **Your P.E. uniform is a separate set of clothes from those worn to school everyday.** You will have your own physical education locker and it is used to store your gym clothes and toiletries only! Since we will all be working hard in class, you will need to take your clothes home once a week for laundering.

Uniform Requirements:

1. **Shorts** with a length meeting the school dress code. We are requiring navy blue or black gym shorts **ONLY**. They must have an elastic waist - no other closure at waist is acceptable. **They may not be casual shorts or cargo pocketed shorts of any kind - only athletic, with no button closure or zipper, etc.**
2. **T-shirt with sleeves** - leave your tank tops at home! These T-shirts must be light gray or white only, with minimal writing on the front and/or back of the shirt. You will be **required** to write your name in permanent marker on the front of the shirt. There will be no exceptions to this!! **This shirt is to be visible at all times so we can see your name, and must be worn alone (no sweatshirt covering it) when participating in an indoor activity.**
3. **Gym shoes that are TIED and socks** allow you to participate safely - boots, and open toed or *elevated* shoes are hazardous in physical education so they are not allowed in our class! **Shoes must be tied tight enough so as to not come off your feet for any reason. YOU ARE NOT MEETING DRESS CODE IF YOUR SHOES ARE NOT TIED!!!!**
4. **Warm-ups or sweats** for activities when we go outside in the fall and spring are acceptable, but warm-ups and sweats must meet the same color requirements. **Navy blue or black on the bottom, white or light gray on the top.** We will require that the t-shirt be visible when activities are indoors and during roll call.

If you decide not to dress in your proper uniform:

1. The first time, and each additional time, you will lose all your daily points.
2. At the 2nd "No Dress" you will lose your daily points and a parent/guardian will be notified.
3. The 3rd "No Dress" will result in a loss of points and the student is given a "Lunch Room Detention."
4. Each "No Dress" after the 3rd will result in additional consequences.
5. You can be given a "Half Dress" if you are in proper P.E. shorts or warm-up pants.

Medical Excuse: If there is a medical reason you cannot participate, an excuse must be in writing and signed by your physician, parent, or guardian, with a phone number and date for verification. You must have this excuse the day you need to be excused. **Any illness or injury that would cause you to miss more than one week of PE class, while still attending school, must be excused with a doctor's note.**

Attendance and Participation: Because physical education is an activity class, you will need to participate and be to class on a regular basis. Any time you miss a day, you can make up the points by reading an article and writing a two page report for each day missed. This report must meet the standards of your Language Arts teacher. Your reading and report can be on anything related to physical education or a sport. Some examples are: **the background of any sport, physical fitness, weight training, dance, aerobics, conditioning, nutrition, Olympic events, outdoor activities, etc.** You should be able to list a source for your information such as the name of a book, magazine, newspaper, or Internet website. **Your report must be neat and *handwritten*.** If you choose not to make up an absence, you will lose the attendance and participation points for that day. All reports must be in by the end of the 5 week activity in which you were absent. It is your responsibility to contact your teacher, to make up any missed classroom work.

Tardies: The P.E. Department adheres to the school's tardy policy.

Citizenship:

- | | |
|-------------------|---|
| 4 = EXCELLENT: | No tardies, not disruptive, prepared, does own work, helpful, dresses and participates daily. |
| 3 = GOOD: | No more than 1 tardy, on task, quiets down when told, dresses and participates daily. |
| 2 = FAIR: | No more than 2 tardies, on task most of the time, and has minimal class disruption. |
| 1 = POOR: | No more than 3 tardies, talks too much, frequently unprepared, or a combination of absences, tardies, and No Dresses. |
| 0 = UNACCEPTABLE: | 4 or more tardies, and/or unexcused absences, and No Dresses, lies, disruptive a lot, sluffs, unprepared. |

Extra Credit: Extra credit is at the discretion of your P.E. teacher.

Curriculum: We will work with you as a team in offering a wide variety of physical education and fitness experiences. The sports activities you may be participating in are soccer, running (cardiovascular activities are required), volleyball, basketball, softball, table tennis, floor hockey, golf, flag football, archery, weight lifting, and other various activities. Also, our class will have boys and girls participating in sports together, and we may modify some of the rules. Since we are on a block schedule, physical fitness will become a priority. The first half of the period will be devoted to fitness. i.e. strength building, stretching, and running. Therefore, fitness testing, Pacer test, and the Mile Run will all become an integral part of your grade.

Written Tests: You may have some written tests during the semester. If you are absent, it will be your responsibility to see your teacher to schedule time to make up your test.

Reading and Written Work: You will be reading sports articles and doing various P.E. related written work throughout the semester. These will also be a part of your physical education grade.

7th Graders are required to have a Wide Ruled Spiral Notebook and a pencil. This notebook will be used to do daily/weekly assignments. This notebook and pencil should be kept in the student's gym locker.

Grading: Your grade is based on the following scale:

100-94 %	=	A
93-90 %	=	A-
89-86 %	=	B+
85-83 %	=	B
82-80 %	=	B-
79-76 %	=	C+
75-73 %	=	C
72-70 %	=	C-
69-66 %	=	D+
65-63 %	=	D
62-60 %	=	D-
59% or less	=	F

Lockers: We provide you with a small gym locker and lock. You may *use your small locker during your P.E. period.* The large lockers are for the athletic team members. **Please do not bring any valuable items to class and keep lockers locked tight.** Neither Jefferson Junior High School nor its teachers are responsible for replacement of any lost or stolen items.

Class Rules:

1. Roll Call will be taken at the tardy bell. Students must be sitting down and in their assigned roll call positions at this time, or they will be marked "Tardy."
2. Dress daily in your physical education clothing.
3. Show respect by being quiet and attentive during class instruction
4. Participation + Effort = Success
5. Do not chew gum.
6. Do not wear jewelry.
7. Keep shoes tied.
8. No headphones, cell phones, or electronic devices. If they are seen, they will be taken.
9. Do not leave the gym area until the final bell rings.
10. Do not enter the coach's offices. Please knock and wait for permission to enter

Consequences:

- 1st Offense: Verbal warning
- 2nd Offense: Alternate activity away from class peers, (Time Out) and loss of points.
- 3rd Offense: Parent Notification and loss of points.
- 4th Offense: Administration Referral and loss of points.

Please have a parent/guardian fill out the next page completely. Return the next page, complete with student and guardian signatures to your P.E. teacher within two days of receiving this disclosure letter.