**Dulles Middle School ~ Physical Education**

**Class Outline/Overview Information Letter**

**PHYSICAL EDUCATION** at Dulles Middle School provides opportunities for students to learn from skilled teachers. Activities and units are both invigorating and developmental and lead to positive physical, mental, social, and emotional growth. The primary objective of our program is to promote sports and fitness as a way of life. Our activities will allow us to look at each student as an individual and consideration will be given for their unique needs and varied physical abilities. Sports and fitness activities are all designed for skill mastery, fun, and lifetime enjoyment.

# GRADING SYSTEM

Grades earned by the student will be based on his/her achievement of instructional objectives, which are developed from local and state essential elements of instructional and educational goals. The level of student performance in relation to these instructional objectives will be the determining factor in assigning grades.

# NINE WEEKS GRADE BREAKDOWN

1. **Major grades (6 or more):**
   1. Fitness Runs - Timed run either outside or Pacer inside once a week.
   2. Unit Essay - These are completed in Schoology that cover rules and regulations after each unit we cover throughout the year.
2. **Daily grades (8 or more):** 
   1. Calculated weekly and are based solely on participation. 100 points are earned for the week if the student participates fully in each day’s activity. If a student does not participate for any reason, 20 points are deducted from the 100 each time.

# REFUSAL TO PARTICIPATE

If without a legitimate excuse, a student fails to make a satisfactory attempt to perform the daily class activity, the student will not earn participation credit for that particular day and disciplinary action may be taken.

# UNIFORMS

The students are encouraged to purchase a Dulles Middle School P.E. uniform online before or during the school year. Items include one T-shirt and one pair of shorts. The cost of the uniform is $20 and you may purchase more than one if you wish. During physical education classes, the student’s t-shirts will be tucked into their shorts at all times.

\*Online purchasing website: <https://fortbendisd.revtrak.net/tek9.asp?pg=DMS> **(Print the receipt out and bring it to your P.E. teacher)**

# REQUIREMENTS FOR DRESSING OUT

Dressing out on a daily basis is **HIGHLY** **RECOMMENDED** for physical education in order to enhance motor skill development and for purposes of hygiene and safety. Any type of athletic shoe shall be worn each day. If a student is wearing inappropriate footwear (sandals, boots, heels, barefoot, etc) to safely participate in the day’s activity, he/she will not be eligible to earn full participation credit for that day. Jewelry will be allowed. It is not the responsibility of Dulles Middle School to replace broken or lost jewelry. Although we do ask that if the student will be wearing earrings, that the earrings be studs and not loops. Loops will not be permitted for safety reasons.

For students that are not wearing Dulles Middles School PE uniform they still need to follow school dress code (**NO** spandex shorts, tights, or leggings allowed). They will be required to participate in whatever they wear to school. No access to locker room for changing.

# STUDENTS EXCUSED FROM DAILY CLASS ACTIVITIES

Students may be excused from daily activities for reasons of illness or injury if they have a written excuse from a parent. This note will be good for a maximum of three consecutive calendar days. The note must contain specific reasons as to why the student will not be participating and the parent’s full name and phone number. These students will be assigned other duties such as keeping score, officiating, completing a written assignment, and/or walking for class credit. After three consecutive calendar days a note from a doctor must be provided to be excused and not lose participation points.

# LOCKERS

Students are given a locker in the locker room if they have and use the Dulles Middle School P.E. uniform. Students are asked not to give anyone their locker combination. This will help avoid problems with their personal items.

# HYGIENE

All personal gym uniforms will be taken home by the student each Friday for laundry purposes and returned to school on Monday. They may be taken home more often but need to be brought back the next day. Deodorant may be brought to class and stored in the lockers if they have one assigned to them. However, all containers or bottles of these items **must be plastic**. **NO SPRAYS** of any kind allowed in the locker rooms or gyms.

**Dulles Middle School ~ Physical Education**

**Thank you very much and we are looking forward to having a great year!   
If you have any questions or concerns, please don’t hesitate to contact us.**

***By signing below you acknowledge, “We have read the Class Outline/Overview Information Letter and understand the rules and policies of physical education at Dulles Middle School.”***

**STUDENT**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PARENTS/GUARDIANS**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PHONE NUMBER(S): HOME**-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WORK**-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-MAIL ADDRESS**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**P.E. TEACHER**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**STUDENT’S SIGNATURE DATE**

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**PARENT’S SIGNATURE DATE**