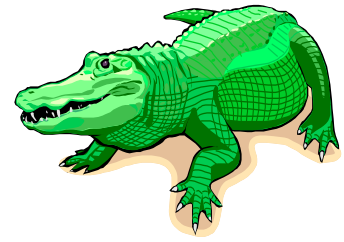


Garcia Middle School

Physical Education Rules, Expectations, and Procedures

6th, 7th, and 8th Grade



RULES

1. Report **ALL** problems to a coach. There are three P.E. teachers in each gym; you can go to any coach, not just the coach that is on your schedule.
2. Respect others and their property. **You are responsible for making sure your locker is LOCKED every time you leave the locker room.**
3. All students must bring a combination lock. We recommend the 'master lock' brand.
4. Come to class prepared for all activities. Once you enter the gym, you should go to your roll call line and SIT DOWN until you are told to do otherwise by your coach.
5. Dress out EVERY DAY in your G.M.S. approved P.E. uniform. (Gray Shirt and Navy Shorts within dress code. Please see the PE Uniform Guidelines link for further info:
<https://www.fortbendisd.com/cms/lib/TX01917858/Centricity/Domain/16959/PE%20Uniform%20Guidelines.docx>
6. If you can not afford to purchase a PE uniform please contact your coach.
7. **Uniforms are \$20.00 (\$10.00 for the shirt & \$10.00 for the shorts);** they will be sold throughout the semester in RevTrak. It is imperative that each student put his/her last name on both the shirt and shorts. This is the only way to identify the clothes if they are misplaced, plus it helps the coaches know what each students name is. **Students may provide their own Navy/Black athletic pants (not worn to school that day) for PE if they prefer/cannot wear shorts.**
8. Be responsible.
9. Be in the locker room dressing out when the bell rings. You are considered tardy if you are not inside the locker room when the tardy bell stops ringing!
10. NO Aerosol cans (Axe) or glass cologne or perfume bottles.
11. Stay on-task for the entire class period. Bullying will not be tolerated. Horseplay at any time, whether in the gym or the locker room, will not be accepted!
12. Stay in the locker room after dressing out and at the end of class until you are dismissed by a coach.
13. **No cell phones are allowed in P.E. classes or locker-room!!!**

FITNESS DAYS

Physical assessments are required by the state on every child. This will be achieved through fitness testing using the Fitness Gram. To address this requirement there will be two fitness days per week. The activities on these days could consist of the following: the gator run, stations, the pacer test, weightlifting, jumping rope, aerobics, ab workouts and ply-o-metrics. You will receive a daily grade for your performance and participation in these activities. There will be a make-up day for those people who miss the gator mile or fail to meet the requirements.

ACTIVITY DAYS

On non-fitness days, you will be participating in various indoor and outdoor physical activities. Examples of these activities are flag football, volleyball, basketball, soccer, wall ball, hockey, capture the flag, etc... There will be two (2) days of skills and rules, with the remaining days of the unit being participation days.

REWARD DAY

If you meet the requirements for the gator run and dress out every day, you will get a reward day once every two (2) weeks. On this day, you will be allowed to choose to participate in any activity, whether indoor or outdoor. If you fail to meet the requirements for the gator run or do not dress out every day, you will participate in an activity assigned by your coach.

GRADING SCALE

Daily grades (50%) – fitness grades

Major grades (50%) – dressing out, participation,

- Gator Run – 5 laps on the track in 20 minutes (20 points per lap)
- Stations, Aerobics, weight lifting, indoor jog, ab workouts based on participation
- Pacer Test – 2 point for each length starting at a score of 0. 50 lengths = 100%, 45 lengths = 90, 40 lengths = 80, 35 lengths = 70, 25 lengths = 50.
- Major Grade – every 2 weeks, 10 points daily for dress and participation

PARENT/GUARDIAN NON-PARTICIPATION NOTES

Notes from your parent or guardian to be dismissed from physical activity will be good for only three (3) days. The note must include the following information: specific illness/physical impairment, date, child's full name, parent/guardian's phone number (home and work), and parent/guardian's signature. You must dress out, even if you present your coach with a note from your parent or guardian, unless your situation is extreme. If your specific illness or physical impairment hinders you from participating for more than 3 days, you must present your coach with a note from your doctor stating your illness or impairment and must include a release date. Again, you must continue to dress out, even if you will not be participating in the daily activities.

Girls P.E. Teachers

Coach Guillen*	281-634-4612
Coach Watson	281-329-4757
Coach Gibson	281-634-8134
Coach Fernandez	281-329-5058

Girls Health Teachers

Coach Gibson	281-634-8134
Coach Fernandez	281-329-5058

Boys P.E. Teachers

Coach Yirgu**	281-634-7877
Coach James	281-329-5038
Coach Larkin	281-634-3189
Coach Walls	281-329-5500

Boys Health Teachers

Coach Larkin	281-634-3189
Coach Walls	281-329-5500

*Girls Coordinator

**Dept. Chair & Boys Coordinator