

Believe in a Healthy Lifestyle!

Lake Olympia Middle School
Physical Education



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Objective

Physical Education at Lake Olympia 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 help your child achieve a higher level of fitness and improve overall health. Our activities will allow us to look at each student as an individual; consideration will be given for 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 achievement of instructional objectives which are developed from local and state 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 Grades

- ✦ Major Grades: Major grades are earned through dressing out on a daily basis, fitness assessments, and activity units. Twenty points will be deducted from the grade each time a student does not dress out. (For example: 20 points a day for 5 days =100 points.)
- ✦ Daily Grades: Daily grades consist of class activities, fitness grades, skill tests, writing, and unit tests. If, without a legitimate excuse, the student fails to make a satisfactory attempt to perform the daily class activity, the student will not receive credit for that particular day.

Requirements for Dressing Out

Dressing out on a daily basis is a requirement of physical education in order to enhance motor skill development and for purposes of hygiene and safety. Athletic shoes with shoelaces must be worn each day along with the uniform.

Uniforms

Students must wear uniforms for physical education. Uniforms can be purchased during physical education class. The uniform cost is \$14.00 and includes a tee shirt and shorts. You may purchase the items individually for \$7.00 each (cash). We will label the outside of the uniform with the student's first and last name. Shoes are labeled on the tongue inside if the student stores them in the PE locker.

Students may not wear school clothing for PE. Athletic shoes are required.

Consequences for not dressing out include:

- *First Offense: Student Conference
- *Second Offense: Awareness Note signed by a parent
- *Third Offense: Parent Contact
- *Continuing Offense: Intervention Strategies

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.

Parent Note—A note from a parent will excuse a student for a maximum of 2 days. The note must contain specific reasons as to why the student will not be participating along with the parent's full name and phone number. The student will still be required to dress out and perform other duties such as keeping score, officiating, completing a written assignment, and/or walking for class credit. After 2 days, a doctor's note must be provided. Students who have a doctor's note will have alternate assignments for the duration of the excuse.

Lockers

All students are given an individual locker in the locker room. Students are asked not to give anyone their combination and to lock all valuables while in class. Any item too large for the locker may be stored in the coaches' offices during class time. P.E. lockers are not to be used to store books during the day; hall lockers are assigned for that purpose. Students may also bring their own lock to secure their possessions. Lockers must be locked at the end of the student's class period. Boys are also expected to leave their dressing area clean and neat.

Hygiene

All personal gym uniforms should be taken home the student each Friday for laundry and returned to school on Monday. Showers are available for those wanting to shower after class is over. Deodorant and body spray may be brought to class and stored in lockers. However, all the containers or bottles must be plastic. Any glass items will be taken and stored for a parent pick-up. No BABY OIL in or out of locker room. This creates a slipping hazard on our floors.

Class Procedures

Daily procedures pertaining to locker room and the gym area routines will be discussed with each class.

Digital Citizenship

Boy's' PE will follow school policy and district policy concerning usage of digital devices.



Parents, please review the PE information with your son. After reviewing the class requirements, please sign the receipt and have your son return it to his P.E. teacher.

Student Name _____
Class Period 1 2 3 4 5 6 7

Date _____
Teacher: Blair, Fleming, Etienne

Receipt of PE Rules and Guidelines

We have received, read and discussed rules and procedures pertaining to physical education class. We understand that these guidelines are in place for the health and safety of all students.

Student Signature

Parent/Guardian Signature

Parent Contact Information

Name _____

Home Phone _____

Cell/Work Phone _____

Email Address _____

