

Ronald Thornton Middle School

Boys Physical Education Syllabus

The Thornton Physical Education department believes that each student should be exposed to a healthy lifestyle that includes consistent exercise, proper diet, and healthy habits.

A consistent exercise program is emphasized throughout the curriculum by providing daily exercises as part of the lesson. In each class, students are exposed to the flexibility, cardiovascular, agility, and strength components of exercise.

Dress

1. Regulation approved uniform must always be worn during class.
2. Uniforms are \$20.00 (\$10.00 for the shirt & \$10.00 for the shorts); they can be bought anytime during the school year. It is imperative that each student put his name on their shirt and shorts after trying it on to determine if it fits properly. No other writing or drawing is allowed on the gym uniform.
3. Online Sales – Gym uniforms will only be sold online using the below link. <http://fortbendis.revtrak.net> Purchase your child's uniform and *print your receipt*. Your student can bring the receipt to their PE teacher to pick up their PE uniform.
If students/parents are unable to buy PE Uniform online, they need to talk to their PE Teacher.
4. Athletic socks and gym shoes are to be worn in P.E. class, not hiking boots, crocs, slides or sandals.
5. EVERYONE WILL DRESS OUT EVERYDAY! A parent note is valid for up to three consecutive days for any injury or illness. After 3 days, a doctor's note must be obtained to continue sitting out.
6. During cold weather, a warm-up suit may be worn **WITH** the regulation uniform.
7. Hygiene: Gyms suits should be taken home every day to be washed.
8. Dress Out Format: Students will enter the locker immediately with their coach and have a set amount of time to change and exit the locker room.
9. There aren't enough lockers for everyone so lockers will be issued upon request. Keep in mind that we will have a designated area for everyone's belongings and it will be locked until we reenter the locker room. In addition to that, please know that booksacks will not fit into the lockers so all bags will go into the designated room that will be locked.
10. District Guideline: <https://www.fortbendis.com/cms/lib/TX01917858/Centricity/Domain/16959/PE%20Uniform%20Guidelines.docx>

Dressing Area

1. Students will dress in the areas assigned by the teacher. Bathroom stalls are not an acceptable place to get dressed. They are for restroom use only.
2. All personal items are to be stored in the students' booksack or locker.
3. It is the student's responsibility to clean up after himself in the locker room.
4. No running or "horseplay" allowed in the dressing room.

Time Allotment

1. Students will be allotted four minutes to get dressed.
2. After students have dressed, they are to follow the exit instructions of their coach to return to their designated class area.
3. The P.E. dressing room is just like any other classroom. There will be no loud talking or horseplay.
4. Restrooms are to be used **BEFORE** class begins or at the end of the class period. No one will be allowed to return to the locker room during class time.
5. Students are expected to bring their own water bottles to class every day and use refill stations throughout the building.

Locks/Lockers/Valuables

1. Students will leave their belongings in their lockers or designated area. Once students dress and return to the gym, the locker room will remain locked until the end of class.
2. Jewelry is not to be worn during class for safety reasons. Jewelry lost/found will be turned in to the coach's office. Coaches are not responsible for any jewelry.

Grading

1. Grading is based on daily dress, participation, a skills test and/or written test.
Assessments/Dress out = 50%
Participation (warm up, fitness, units) = 50%
2. Participation includes active involvement in the day's activity and the following of P.E. rules and regulations.
3. There will be **NO** extra credit for non-participation or non-dress days.

Class Rules

AT ALL TIMES, STUDENTS SHOULD:

1. Follow directions as given.
2. Show respect and consideration for others and their property.
3. Suit out in appropriate uniform daily.
4. Show appropriate behavior for class activities.
5. Report **ALL** problems to a coach.
6. NO Aerosol cans (Axe) or glass cologne.
7. Students are expected to be in the locker room dressing out when the tardy bell rings.
8. Cell phones, cameras, or electronic device are **NOT** allowed in the locker room or in the gyms unless requested for a PE Unit.
Picture taking in the locker room is not allowed and can result in criminal charges.
9. No Food, gum and candy is allowed in the locker nor the gym.
10. Students must bring their own clearly labeled water bottles for class.

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On non-fitness days, students will be participating in various team and individual physical activities. Examples of these activities are flag football, volleyball, basketball, soccer, team ball, etc. Units will include learning the rules, non-equipment skill days and organized play. Participation EVERY DAY is required and is a major grade!

FITNESS ACTIVITY DAYS

Physical assessments are required by the state for every child. This will be achieved through fitness testing using the Fitness Gram Program. To address this requirement there will be one fitness day per week. The activities on these days could consist of the following: miles/laps, stations, the pacer test, weightlifting, jumping rope, aerobics, or the Fitness Gram test. Students will receive a daily grade for their performance in these activities.

PARENT/GUARDIAN NON-PARTICIPATION NOTES

Notes from a parent or guardian to be dismissed from physical activity can only be written for up to 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. If the specific illness or physical impairment hinders the student from participating for more than 3 days, the student must present their coach with a note from their doctor stating your illness or impairment and must include a release date. At least 225 minutes of moderate to vigorous physical activity every two weeks is mandated by the State of Texas and we must be in compliance with state guidelines.

You must continue to dress out, even if you will not be participating in the daily activities. If you are unable to participate you will be responsible for completing an alternate assignment.

Physical Education Department contact information:

<u>Name</u>	<u>Desk Number</u>	<u>E-mail</u>
Cannie Dobbins III	202	Cannie.dobbins@fortbendisd.com
Cody Victor	202	Cody.victor@fortbendisd.com
Brandon Stumon	202	Brandon.Stumon@fortbendisd.com

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I have read and understand the information as specified in the RTMS Physical Education Syllabus.

Student's Name (print): _____

Student's Signature: _____

Period: _____

Date: _____

Parents: Please sign the lower portion of this policy indicating to us that you have read and understand all of our rules and regulations. Use the space provided below to list ANY physical or medical problems your son or daughter may have (i.e. asthma, diabetes, heart murmur, etc.) or if your child has an inhaler in the nurse's office.

Parent's Name (print): _____

Parent's Signature: _____

Contact Number: _____