

Physical Education  
K-3, 6<sup>th</sup> and 7<sup>th</sup> Grade Girls  
Mrs. Jackson

To provide programs that increase physical fitness & worthy use of leisure time.

To develop a knowledge of rules and teach respect, cooperation, and promote sportsmanship as a participant and spectator.

To provide an environment whereby each student can find avenues for success not attainable in other classroom settings.

To provide the student with an opportunity to develop small & large motor activities, flexibility, agility, balance, endurance, strength and coordination, and self-awareness.

To promote enjoyment for continual physical activity outside of the school environment.

### Rules

1. Tennis shoes are required to be allowed to participate. I encourage you to wear them everyday so that you do not forget what day you have gym.
2. No gum or candy in gym.
3. No inappropriate language is allowed.
4. A written **medical release** is required for anyone coming back from a broken bone, stitches etc. in order to participate. If a medical condition carries over into the following school year a new medical note/release is required each new school year.
5. Students will be graded on participation, following directions, cooperation with others and having a good attitude.
6. If a student is not prepared for class by having tennis shoes more than 2 times walking will be required instead of activity for that day.
7. All handbook rules apply. That includes rules for COVID-19. Mask. Physical Distance, and washing hands.
8. No jewelry ( ear rings) will be worn during physical education class.
9. No electronic devices should be seen or heard in gym. All handbook rules apply.
10. Do not bring valuables to gym class.
11. Locker rooms will not be used for gym classes in 6<sup>th</sup> and 7<sup>th</sup> grades.
12. All grades will be S and U. Do not forget to check Google Classroom for online assignments for Each 9 weeks.

