

Introduction:

The Villago Physical Education Department is dedicated in providing a safe and stimulating environment for all students. Throughout the course of the year, students will participate in a variety of sports and fitness activities. Our goal is to aid students in building a foundation for a healthy and active lifestyle.

P.E. Attire

Students are to dress out daily! This should be a separate outfit that you do not wear to school.

Students may use the Villago P.E. Uniform or:

- ✓ Athletic Shorts
- ✓ A light t-shirt
- ✓ Athletic/tennis shoes only
- ✓ Sweatshirts and sweatpants may be worn in the cooler weather.

**P.E. uniforms are available for purchase throughout the year.

T-Shirt/shorts \$19.00

or

Sweats Outfit for \$25.00

ASK FOR AN ORDER FORM!!!

P.E. Procedures:

- Be on time, dress out and participate.
- Listen and follow directions.
- Respect peers, staff and equipment.
- Have a positive attitude.
- Put forth your best efforts.

Excuses/Absences:

To be excused from P.E., your child must have a note from a parent /guardian or a doctor on the day he/she is to be excused. A doctor's note is required for injuries and illnesses or extended periods of time missed. Your child will NOT receive credit for any absences, but will have an opportunity to make the work up. It is your **child's responsibility** to ask and return make-up work in a timely manner.

Locker Room Procedures:

1. Each student will be assigned a lock and locker.
2. Combinations should be kept secret; no locker sharing.

3. For lost locks students will be placed on the fees and fines list until \$10.00 is paid to replace the lock.
4. **No glass or aerosol containers.**
5. Electronic devices such as cell phones, i-pods, video games are not allowed in the locker room.



Home of the TITANS

↓ Cut and RETURN the portion below: ↓

Due Date _____

I have read and understand the Villago Middle School Physical Education rules and class requirements.

Student name: _____

Teacher: _____

Class hour: _____

Parent Signature: _____

Date: _____

Grading:

Students earn 25 points daily and are expected to participate, come to class prepared, and dress appropriately. Students that do not dress out will still have to participate in the class activities and will lose their dressing out points for that day. The first time the student does not dress out he/she will be given a verbal warning, the second time a written

warning, and the third time he/she will receive After school Detention (ASD).

- 80% of the overall grade will come from class work; active participation, warm-ups, dressing out, and written work
- 20% of the overall grade will come from assessments.

We are looking forward to a wonderful year. Please feel free to contact us anytime at:

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Please visit our teacher websites to obtain weekly information.

Welcome to VMS P.E.



*A Guide
To Middle School
Physical Education*