**PHYSICAL EDUCATION DISCLOSURE STATEMENT**

**7th/8th Fitness, 9th PST**

**Coach Sidwell e-mail:**[**mark.sidwell@jordandistrict.org**](mailto:mark.sidwell@jordandistrict.org)

[**www.whmspe.weebly.com**](http://www.whmspe.weebly.com) **WHMS Phone # 801-412-2300**

**Objectives:**

1. To increase individual knowledge on the benefits of a healthy lifestyle.
2. To introduce a variety of physical activities with an emphasis on fitness.
3. To improve/maintain physical skills and fitness.
4. To create positive social skills through sportsmanship.

**Class Rules and Expectations:**

1. No food, drinks, gum, binders, or bags in the gym area.
2. Demonstrate respect for teacher, equipment, and other students.
3. Pay attention and follow directions.
4. Use appropriate language in the locker room and gym areas.
5. Absolutely no harassing or hazing will be permitted.
6. Be ready to participate each day in clean and appropriate attire.
7. Be responsible, get to class on time, and have a positive attitude.
8. Always observe “Safety First”.
9. Never touch ANY equipment, (including Ms. V’s cart) without permission!!!
10. No Cell Phones, ear buds, or technology devices in the gym.
11. You are tardy if you are not in your roll call spot when the bell rings.
12. You are sluffing if you leave the gym/locker room BEFORE the bell rings.

**Consequences:**

1. First offense: Verbal warning
2. Second Offense: Verbal warning and loss of daily points
3. Third offense: Referral and/or phone call to parents as well as loss of points

**Positive Reinforcement:**

1. Earn privileges
2. Good grades/extra credit

**Locker Room:**

1. Each student is issued one lock. Replacements are $6.00. No personal locks!
2. No sharing locks, lockers, or combinations with other students.
3. Vandalism will result in a referral, possible suspension, and reimbursement for damaged property. These same consequences apply to stealing.
4. Make sure to label all personal items and clothing with your name.
5. Showering is optional, but please demonstrate good hygiene by using deodorant.
6. Valuables should be left at home, or in your hall lockers.
7. No glass objects/containers or curling/straightening irons in the locker room!
8. The locker room needs to be kept clean.
9. Locker room doors are to be locked during class and will be opened at the end of class when all equipment has been returned.
10. Restroom stalls are NOT dressing rooms.
11. Use appropriate Locker Room Conduct.

**Clothes/Uniforms:**

1. Black, Gray, or White T-Shirt **(No tank tops)**
2. Athletic shorts with elastic waist **(No Levi shorts).**
3. Athletic shoes with non-marking soles are required and must be laced up.
4. Gym clothes should be taken home weekly and cleaned.
5. WHMS has athletic attire for sale which includes black shorts and a shirt. **This attire is optional and the cost is $15 for the set.**

**Dressing Out:**

1. **We dress out daily** **to insure safety, good hygiene, and to promote participation** **and unity**
2. **(As long as supplies last) Students who misplace/forget PE clothes may check out CLEAN lost and found clothes for the day so they can receive full dressing points.**

**Grades:**

1. **P.E. is a participation class, you must participate in order to earn daily points! Students must be actively engaged, cooperate with others, be willing to try new things, have regular attendance, dress appropriately, not be tardy, have good sportsmanship, respect others and equipment, and play by the rules in order to receive daily points.**
2. **Absences will result in loss of these points, but full points are awarded when a makeup assignment is completed.**
3. Fitness days will be worth (10 pts). We will have one each week and they can only be made up after school or with another PE class if missed. An absence or illness does **NOT** excuse you from making up the fitness day.
4. The emphasis of daily activity is to provide an opportunity for individual fitness and/or skill practice….NOT WINNING!

**Daily Points: You can EARN 10 points a day.**

**The following behavior will result in a LOSS of points:**

Lack of participation (5-10 points), lack of effort (1-5), not dressed/incomplete uniform (1-5), misuse of equipment (5), cell phone/earbuds (5), leaving early (5), unsportsmanlike behavior (1-10), gum, candy, food, pop, binders, bags (1), tardy (1), not paying attention/talking when you should be listening (1-5), inappropriate language/behavior (1-10)

**Make-up Work:**

1. If students are absent or injured they need to do a make-up assignment.
2. Excused absences can be made up by doing an article review or sports packet.
3. Students with serious long-term illness, injury, or special needs may be assigned an alternative assignment or activity.
4. **Only points lost due to illness (excused absence) or injury can be made up. Points lost for refusal to participate or dress out cannot be made up!**
5. Extra credit will only be allowed at the teacher’s discretion.

**Grade Scale:**

The grading scale is based on percent of total number of points possible.

**100-93 =A 76-73 = C**

**92-90 = A- 72-70 = C-**

**89-87 = B+ 69-67 = D+**

**86-83 = B 66-63 = D**

**82-80 = B- 62-60 = D-**

**79-77 = C+ 59-0 = F**

**Citizenship grades are based on behavior, attitude and getting to class on-time**

1. H = Excellent behavior in class with no more than (2) tardies
2. S = Satisfactory behavior in class with no more than (3) tardies
3. N = Needs improvement in class behavior
4. U = Unsatisfactory behavior in class

Disclosure Statement

**West Hill Middle School**

**P.E. dept**

I HAVE READ AND UNDERSTAND THIS DISCLOSURE STATEMENT

Student Signature Parent Signature

Student Name (Print) Class Period

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Teacher Administrator

**I have looked at the WHMS PE website (**[**www.whmspe.weebly.com**](http://www.whmspe.weebly.com)**) and can navigate through it.**

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**Student initial Parent Initial**

**Please list any medical or activity restrictions that the physical education department should be aware of to help prevent any unnecessary injuries. If your child has asthma please make sure they have their inhalers with them at school.**