

**Lopez Island School District**  
**General PE Class Information**

**PE CLOTHES:**

- A. The regular PE uniform will consist of gym shorts or sweatpants, T-shirt or sweatshirt, and athletic shoes.
- B. A student is considered out of uniform if they are wearing the same clothes that they wore to school that day.
- C. PE clothing will be taken home by the student each week and laundered.

**LOCKS & LOCKER ROOM:**

- A. All students must have a lock on their assigned locker.
- B. Students will have 10-12 minutes from the last class dismissal time to be dressed and ready for participation.
- C. No HORSEPLAY in the gym or locker room
- D. Lock up your locker each time you leave
- E. Keep the locker room clean
- F. Cleated shoes must be clean before entering the locker room
- G. No cleated shoes are allowed on the gym floor
- H. No street or marking shoes are allowed on the gym floor

**PARTICIPATION:**

- A. All enrolled students are expected to participate in class activities
- B. A written note is good for a maximum of three days. An excuse covering more than three days must come from a physician and must include the nature of injury and expected date of return to activity.
- C. The following course of action will be taken concerning non-suits:
  - 1. First non-suit----- free one
  - 2. Second non-suit ----- push ups / laps
  - 3. Third non-suit -----push ups / laps & see Mr. Berg
  - 4. Fourth non-suit -----see Mr. Berg / call to parents

**EXPECTATIONS:**

- A. Be Prepared -(dressed down for class, lockers locked up)
- B. Be Punctual - (suited up and to the proper class on time)
- C. Be Courteous - (no talking when PE teacher is speaking, raise hand if you have a question)
- D. Respect the property and equipment - (no vandalism or graffiti, clean up after yourselves)
- E. Give PE / sports your best shot and have fun

**GRADES:**

- A. Course grades will be based upon a system which factors several components:
  - 1. Attendance
  - 2. Participation
  - 3. Attitude
  - 4. Effort
  - 5. Non-suits
  - 6. Tests