

GLEN EDWARDS MIDDLE SCHOOL

PHYSICAL EDUCATION PROGRAM

Home of the Panther Champions

Welcome to PE

PE at GEMS is fun! Students will be participating in Physical Education class every day!! GEMS is equipped with locker rooms, locks and lockers are issued to each student at the beginning of the school year. Students are responsible for memorizing their combination and keeping track of their lock. (\$8 lock replacement fee) Students are required to dress down for PE everyday regardless of weather conditions. Students need to be prepared for both hot and cold days. PE classes will continue outside during the cold winter months. Please be prepared with warm alternatives to add to your regular PE clothes. No one should be outside in just shorts and a T shirt in the cold weather. PE clothes are available for purchase before and after school throughout the school year. (\$22 for the set) Sweats and sweatshirts are available for purchase if necessary. Alternate PE clothes can be worn upon staff approval. Proper PE shoes are required!! No flip flops, heeled shoes, or boots can be worn in PE. Suiting up for PE every day is extremely important!! Failure to do so will result in a loss of PE grade points. After 3 non suits each semester, disciplinary action will be taken. Excessive non suits will result in a failing PE grade. **100% dressers will earn a reward to walk to town each semester!!!** It's a fun activity that no one wants to miss!!

If you have any questions or need to contact any of the PE teachers you can send us a message using Schoology or email:

Mr. Hankins mhankins@wpusd.k12.ca.us

Mr. Hunt thunt@wpusd.k12.ca.us

Mrs. Mullen smullen@wpusd.k12.ca.us

Mrs. Nichols cnichols@wpusd.k12.ca.us

P.E. ROOMS

Physical Education room numbers are **20**, (Mrs. Nichols), **21**, (Mrs. Mullen), **51**, (Mr. Hankins), and **44** (Mr. Hunt)

ILLNESS EXCUSES

A note from a parent/guardian is required when a student is unable to participate. The note shall include the following: reason for not participating, date(s) to be excused, parent signature and telephone number.

If the student is to be excused for longer than three (3) days, a doctor's written note with the time period of the excuse is required. Students who are absent from PE for any reason lose points for the day. **All absences and excuses may be made up with a P.E. "Absence Makeup" form.**

A student, who does not feel well, does not have a note, and elects not to participate will be excused from the activity but will lose daily PE points. A note from a parent or a Doctor is required to gain back these points.

Ropes Course

Our school is lucky enough to have its own Ropes Course that was built in the 1990's. It is inspected yearly so that we can continue to offer the students a unique experience exclusive to GEMS. Each student has the opportunity to participate on the Ropes Course during the school year. Extra credit points are offered for participation on the Ropes Course.

ACTIVITIES

- Badminton
- Basketball
- Daily Exercising
- Fitness Testing (7th Grade)
- Flag Football
- Fun Games and Activities
- Hockey
- Lacrosse
- Line dance
- Mile Runs
- Pickle ball (Paddle tennis)
- Rock climbing wall
- Ropes Climbing Course
- Soccer
- Softball
- Team handball
- Track and Field
- Ultimate Frisbee
- Volleyball

REWARDS & INCENTIVES

Praise for a job well done, extra credit opportunities, Heart Dollars, Heart Dollar Store, Outstanding and improved mile runs, Panther Pride Awards (P.E. Student(s) of the Month), No Dress Days, Ropes Challenge Course.

Heart Dollar Store

The Heart Dollar Store is in room 21 (Mrs. Mullen's PE Room) and is open throughout the year. Items offered range from trinkets and toys to juice pops and PE incentives. Heart Dollars are distributed by PE teachers for positive behaviors and can be saved to be used at the Heart Dollar Store. Heart Dollars are yellow this year, and no other color will be accepted. Heart Dollars can also be used for extra credit to raise PE grade.

PHYSICAL EDUCATION GRADES

Students begin each semester with 100%. Daily Points are based off of participation, cooperation, sportsmanship, extra credit, and effort in P.E. Daily Points will determine final semester grades.

Grade Points may be earned:

- Heart Dollars
- Extra Credit
- Mile Runs
- Absent make up forms

Grade Points may be Lost:

- Non-suits
- Not on roll call number
- Not listening to directions
- Negative behavior
- Lack of effort and participation
- **Absences and Tardies**

Absences and Tardiness will also be a factor in determining final grades in P.E. **All Absences** will result in a loss of points. Students can earn points back by completing a blue make-up form. Multiple tardies will result in disciplinary action.

Grades can be found on Schoology, and are updated regularly.

Grading Scale:

101 ^	A+
90 - 100	A
80 - 89	B
70 - 79	C
60 - 69	D
0 - 59	F