

Mrachek Middle School Physical Education/Fitness

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Welcome to Physical Education (PE) and Fitness class at Mrachek Middle School. We look forward to a fun and exciting year in PE and Fitness. Classes meet 5 days every week.

Expectations: Every student is expected to dress out, actively participate in class, keep the locker room and gym clean and neat, follow all school and gym rules and show SR2 daily.

PE Uniform: Every student is required to have and change into their uniform every day

1. Mrachek PE Shirt – from previous year or buy from the school for \$6.00
2. Shorts – must be mostly or all black, can bring your own or buy from the school for \$9.00
3. Athletic Shoes and socks – shoes that tie and are made for doing physical activities and/or sports (ie. Running, cross training, tennis, basketball, etc.)

Students dress out for hygiene and safety reasons. You must change out of your school clothes and into your PE clothes. Students not dressed for PE will lose work habits points and be provided a loaner shirt for the day. If non dresses become excessive, the teacher may call home, assign lunch detentions or refer the behavior to a dean for further consequences. You must have your uniform or a note from a parent or guardian by Friday August 12th. The first day to dress out is **MONDAY August 15, 2016**. Please contact the teacher if there are questions or concerns about dressing out or the uniform.

WE REMIND STUDENTS TO TAKE THEIR CLOTHES HOME ON FRIDAYS TO WASH THEM. YOU ARE WELCOME TO TAKE THEM ANY TIME BUT THERE ARE NO EXCUSES FOR NOT HAVING YOUR CLOTHES TO DRESS OUT.

Locks and Lockers: Students are loaned a locker for the year, if lost the charge is \$5.00. They should keep clothing needed for PE or athletics, as well as personal hygiene items like deodorant, extra socks, shoes, lotion, etc. (no glass bottles of perfume/body spray) in their locker. Students **MUST NOT** share lockers or combinations. The locker rooms are open and accessible all day, it is the student's responsibility to lock their locker each day. The school and teacher are not responsible for any stolen, misplaced or damaged articles.

Backpacks: 6th graders and students in 8th period PE/Fitness will store their backpacks in the blue crates during PE/Fitness. We recommend you take your valuables out of your backpack and lock them in your locker during class time.

Medical/Injury Excuses: If you must be excused from class or certain activities in class for a medical/injury reason, you must have a note from your parent/guardian or a doctor. Any excuse lasting longer than 2 days will require a doctor's note. If you see the nurse at any time during the day, ask her to write you an excuse if she deems appropriate. Students with a valid medical excuse will be asked to write an article reflection. Ladies will NOT be excused from PE class during their monthly cycle. Students without a written excuse will be expected to participate to the best of their ability.

Asthma: If a student needs to pre-treat their asthma, they need to dress out, check in with the teacher and then go to the nurses office. Students who carry their own inhaler are responsible for writing their name on it, having it and using it every day.

If a student is absent they may complete a make-up assignment to receive work habits points for that day. Otherwise they receive zero points for the day

Make-up work for absences: If a student is absent, either excused or unexcused, they can write a one page response to an article about health, physical education or sports from a magazine, newspaper or internet article for each day absent and receive full credit. Response must be neatly handwritten or typed and have students name, class period, teachers name, title of article, copy of the article or internet address. Students will have one week from the day(s) absent to turn in article response to get credit. Forms can be picked up outside each of the PE offices.

Please complete, sign and return this portion of the page to your PE/Fitness teacher ASAP

Student: _____ **Grade:** _____ **Period:** _____ **Teacher** _____
(please print first and last name)

Student Gmail: _____

Parent Name(s): _____

Parent email(s): _____

I have read and understand the Mrachek Middle School Physical Education and Health course description and understand my student's responsibilities.

➤ **Parent/Guardian Signature:** _____ **Date:** _____

I have read the Mrachek Middle School Physical Education and Health course description and understand my responsibilities and the expectations in this class.

➤ **Student Signature:** _____ **Date:** _____

Please use this space to provide any additional information you feel may be important to your student's success in PE/Fitness.
