Barbara Bush Bulldog: PE and Wellness



**OUR MISSION:** To provide each student the opportunity to participate in a variety of team sports, lifetime fitness activities, hand/eye coordination games, rhythmic activities, and various recreational/leisure sports in a safe and supportive environment.

**OUR GOAL:** To increase students physical fitness levels and encourage students to gain a greater understanding as to the value of lifetime wellness and physical activity.

**DISTRICT INITIATIVES:** All physical education students will participate in the Fitnessgram physical fitness assessment. Components tested will include the following: PACER (cardiovascular endurance); HT/WT (used to calculate BMI ); CRUNCHES AND PUSH-UPS (muscular strength/endurance); and SHOULDER STRETCH (flexibility).

All 7th and 8th Grade students will also have the opportunity to participate in the Human Sexuality and Abstinence curriculum: CHOOSING THE BEST. The 6th grade curriculum is offered through their required semester of Health. This curriculum is optional and requires parents to sign a permission slip. A parent preview will be held in early October and the permission slips will follow (all permission slips must be returned indicating yes or no).

**GRADING POLICY:** Each student will receive at least 2 weekly grades from the following categories:

 PARTICIPATION = 50% DRESS-OUT = 30% ASSESSMENT = 20%

**GUIDELINES/EXPECTATIONS:**

 **Uniforms/Dress-Out**

All students are expected to dress-out in the required PE uniform everyday. Uniforms can be purchased for $20.00 and names should be clearly marked on the outside of each piece of the uniform. Please note, tennis shoes are also required. Jewelry such as hoop earring, necklaces, bracelets/watches, and rings should not be worn during class (safety concerns) and should be locked in student’s basket. **Students are encouraged to take home their uniforms at least once a week to be washed**.

 **Basket/Locks**

Students are issued their own basket and combination lock. It is the student’s responsibility to secure his/her own belongings and report any problems to his/her coach. **All baskets should be locked before and after class and absolutely no sharing of baskets or combinations with others.**

 **Showers**

Showering is optional and keeping dry deodorant in student’s basket is highly encouraged. On days/activities that may necessitate taking a shower, towels will be provided.

 **Illness/Injury**

**Students should report any injury immediately to a Coach.**

**A parent note is required to excuse students from participation…that request is honored for 3 days. After 3 days, a doctor note is required. Students will still be required to dress-out unless the injury/illness prevents this (should be stated on note). A written assignment(s) or alternative activity may be given in place of daily activities.**

 **Tardies**

Students are given 1 extra minute before/after class before they are to report to the tardy center (per school policy). This exception is not made at the beginning of 1st period, since students have 10 minutes to report to this class period.

 **Behavior**

Students are expected to follow all school/district rules per the student/parent handbook. Being attentive, cooperative, caring, helpful, and honest are all expectations that lead to a happy and healthy PE environment. “Horseplay”, bullying, slap games, will not be tolerated in PE and students should report any inappropriate behavior to a Coach.

 **Conflict Resolution**

**Students who encounter difficulties with others in class should report this to his/her coach immediately. This can be done in private (before/after class), if preferred, and be handled discretely. Any indication of bullying or physical contact will be referred to a school administrator immediately.**

 **Lost Items**

Valuables should not be brought to PE; this includes electronic devices, money, etc. Any items left after class will be placed in the “lost and found” box in the dressing room. **Baskets are secure if locked and maintained properly.**

 **Parents Role**

Please discuss with your child the behaviors and expectations you have for your child as they relate to PE, the classroom, and interacting with fellow students. Please encourage your child to participate to his or her fullest and feel free to email or call your child’s coach with any questions or concerns.

Girls Office: 356-2932

Boys Office: 356-2933

LETS HAVE A FUN AND SAFE YEAR IN PE!!!!!!!

BULLDOG COACHING STAFF



(PLEASE CUT ON ABOVE LINE AND RETURN)

I HAVE READ AND UNDERSTAND THE BUSH BULLDOG PE POLICIES AND PROCEDURES FOR 2012 – 2013

STUDENT SIGNATURE:

PARENT SIGNATURE:

COACH: PERIOD: