

## Physical Education Syllabus 2017 - 2018

**Oak Mountain Middle School Mission:** To expect and encourage nothing but the best in a nurturing, opportunity-rich environment.

**Physical Education is an activity class.** Students are expected to participate to the best of their ability in the daily activities. All students are required to change out of school clothes into P. E. clothing and athletic shoes daily.

### Students will be graded in the following categories:

Unit Skills & Unit Knowledge    Effort & Participation    Being Prepared for Class    Following Directions

### Supplies for Class:

Option 1 - Oak Mountain Middle School Gym Uniform (rainbow colors of shorts & t-shirts), Athletic Shoes  
OMMS uniform will be available to order at selected times of the year for \$25.00.

Option 2 - Plain color T-shirt (preferably no graphics/Logos), plain basketball length shorts, Athletic Shoes

**All Clothing and Shoes are to have the Student's Name written in them.** During the warmer months, students are expected to wear t-shirts and shorts with athletic shoes. During the colder months, students may wear sweatpants and sweatshirts/jackets with athletic shoes. Athletic Shoes must have proper ankle support.

**Additional Items** - Small Bag to carry clothing and personal items to and from P.E. Class

**Items Allowed in P.E. Locker** - Solid Deodorant, extra socks, hair brush, unscented lotion, feminine products, small bag for jewelry, especially earrings & necklaces

### ITEMS NOT ALLOWED IN GYM OR LOCKER ROOM

Cell Phones	Purses	Musical Instruments	Perfumes	Scented Lotion
Books & Book Bags	Writing Utensils	Body Sprays	Spray Deodorant	Food & Drinks

**Every Friday** - is Locker Clean Out Day - Students are to take their clothes home and wash them.

**Lost Clothes** - will be placed in the Lost & Found. Unclaimed clothing will be donated every month.

**Illness/Injury** - All Doctor notes are to be turned into the front office. Depending on the situation a student may be assigned a study hall until cleared by the doctor.

**Parent Notes** - May excuse a student up to three days for short-term illnesses and injuries. After that a doctor's note is required. The parent note is expected to include the reason for the non-participation and the specific limited activity.

**Student Athletes who cannot participate in Phys. Ed. class** - due to an illness or injury will not be able to participate in any after school sport activity.

**Injury or Illness during Class** - If a student becomes injured or ill during class, the student is to tell the teacher immediately. The teacher will evaluate the situation and take appropriate action.

**Good Sportsmanship** - Students of all abilities participate in class together. Students are expected to work together, and to encourage each other in positive ways.

### Teachers



