***Dear Parent/Guardian:***

We would like to welcome your son/ daughter to the Physical Education classes at Mason Creek Middle School. We hope you share our philosophy that daily physical activity plays a very important role in the developmental health of students this age.

This letter is to inform you of our program policies for the school year. Also, we would like to make you aware of the activities for instruction during this school year. They include:

Pickleball Soccer Softball Ping-Pong Volleyball Handball Track and Field Flag Football Ultimate Frisbee Badminton Eclipse Ball Bowling Running Program Fitness/Yoga Classes

**OBJECTIVES:**

* To provide an extensive array of activities with an abundance of opportunities for every student to be successful.
* To create a physical education program where students are totally accountable for their own actions.
* To develop good social behavior with the other students.
* To allow students to experience competitive and non-competitive activities as well as team and individual activities.
* To enhance skill, interest, and an appreciation for the need of life-long learning, activity, and recreation.
* To provide frequent opportunities for students to evaluate their own personal fitness as related to national expectations.
* To promote cognitive knowledge of rules, history, and strategy through both written evaluations and application of physical skills.

**Dress/Participation Requirement:**

* All students will be required to dress out in a blue t-shirt and long athletic shorts or sweatpants for participation in activity. (Shorts must meet school dress code and no tight fitting athletic pants)
* You cannot wear your PE uniform to school and be considered dressed out. You must change in and out of your uniform everyday.
* Athletic shoes are required to participate. (No boots or slip on shoes)
* Failure to dress out properly will prevent the student from participating, therefore causing the student to lose 5 points off his/her dress/participation grade for each day.
* ALL jewelry (including body piercing) must be removed in the locker room before entering the activity area for safety purposes as well as the possibility of theft. We are not responsible for any injury or damage that occurs as a result of these objects.
* Jackets (lightweight) or sweatshirts may be worn over PE shirt if needed for activities.

**Bring your own technology: (THIS IS OPTIONAL)**

The MCMS P.E. Dept. would like to enhance student motivation pertaining to exercise and fitness. Research shows that music can boost performance as much as 15%. Music acts as a stimulant to a student’s/athlete’s workout. One of the major benefits in using this technology is the data it provides. (distance ran, calories burned, pace, etc...) Students can use this information to set goals and improve their healthy lifestyle through fitness activities.

**Cont’d on the back**

**Locker Room Policy:**

* Students have the option to rent a locker on a first come first serve basis each 9 week grading period. Lockers are $3.00 for small or $5.00 for large.
* Students are required to bring a combination lock only to place on their lockers. The combination *must* be given to the teacher so it can be placed inside the locker log. Access will be granted only to those students whose names appear in the locker log. *No One else*.
* As is stated in the Douglas County Student Agendas, the faculty is not responsible for any valuables (money, CD players, jewelry, etc.) which is left out in the open rather than locked inside the locker.

**Grading Scale:**

* Supportive: Dress out, participation, effort = 35%
* Formative: 20/40, sprints; fitness days = 25%
* Summative: 1 mile track and endurance track, fitness days = 40%

**Discipline Procedures:**

Students are expected to follow all county and school wide procedures. We expect students to be on their best behavior while in physical education. Students will be given an alternate written assignment to complete if they are not dressed out for class.

*Coach Dakota Barrett Coach Krista McKenney Coach Judy Cross*

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