

**Milwee Middle School
Physical Education
Information and Policy Sheet**

Coach Duffy
erin_mduffy@scps.k12.fl.us
(407)746.3894
Email preferred contact

Coach Carter
matthew_carter@scps.k12.fl.us
(407)746.3830
Email preferred contact

I. Locker Room Area

- A. Report to the locker room prior to the bell in order to dress for class. After changing your clothes, you must report to the gymnasium and sit down immediately in your roll call position. You are tardy to class if not in the locker room by the bell or if not seated in your roll call position 5 minutes after the bell.
- B. You must go to the restroom in the locker rooms before you enter the gymnasium. Water and bathroom facilities are available for use before and after class in the locker room. Emergencies will be handled by your coach on an individual basis.
- C. No gum, candy, food, or drink (except for bottled water) is permitted in the locker room/gym.
- D. No running or horseplay allowed in the locker room areas.
- E. Absolutely no sprays, lotions, fragrances in the physical education facility because of asthmatic students.
- F. A lock is required for your P.E. locker. Master combination locks are strongly recommended. Please lock all of your personal belongings in your locker **including electronics**.
- G. Lockers are not to be shared with any other student.
- H. The use of cell phones or other recording devices are prohibited in locker rooms.
- I. **Coaches are not responsible for lost or stolen items.**

II. Gym Rules

- A. Upon entering the gym immediately report to roll call position.
- B. Daily, you are expected to perform your warm-up exercises correctly. These include flexibility, muscular strength, and cardiovascular endurance exercises. Failure to warm-up sufficiently may result in loss of play in the activity.
- C. Absolutely no bullying of other students. No threatening of any type towards another student, verbal, touching, name calling, sexual harassment or any behavior that is unwelcome and uncomfortable for another student.
- D. Keep hands, feet, and other objects to yourself.
- E. Do not climb or sit on bleachers unless instructed by your coach.
- F. Students are never permitted to use equipment until the coach is present to give you instructions.
- G. Show respect for yourself, classmates, coaches, and the PE equipment.
- H. Display good sportsmanship.
- I. Try your best every day and have fun!

III. Dress Out Policy

- A. Dress out in your physical education attire every day! PE attire cannot be worn to school, students must change into PE cloths. Attire includes athletic shorts and a t- shirt that follows school dress code. Shorts must be worn with waist bands at the waist, and cannot be rolled up to make them shorter. Athletic sneakers with shoe laces that are tied snugly are required.
**Milwee Physical Education Uniforms (t-shirt and shorts) may be purchased for \$16.00 during gym.*
- B. It is encouraged that you keep a backup pair of shorts and a t-shirt in your locker at all times in case you forget to bring gym clothes.

- C. Absolutely no jewelry except for stud earrings.
- D. Non-dressers must report directly to the gym and sit down in their roll call positions with a pencil in hand. Non-dressers are not allowed to talk nor disrupt the class in any way and must stand in the assigned area to complete the Physical Education assignment for the day. Disciplinary action will result if you disobey any of the rules for a non-dresser. Non-dressers will also lose their dress out points for the day. **You cannot pass PE if you do not dress out!**
- E. Bi-weekly Dress Out Policy:
 - 1st non-dress = Warning
 - 2nd non-dress = Lunch Detention
 - 3rd non-dress = Wednesday School Detention

IV. Excuses

- A. Students must either have a doctor’s note or parent note in order to be excused from participation.
- B. Please send a note stating the nature of the injury or illness along with specific limitations. Include parent contact information on the written excuse. Since there are many aspects of a physical education class, your child may be able to participate in some areas of play.
- C. A doctor’s note is required after 3 days of parent excuse from participation.

I have read, signed, and completed this form indicating that my child will adhere to all of Milwee Middle School’s P.E. policies.

Student’s Last Name _____ First _____

Period _____ Grade _____

Parent or Guardian’s Name _____ Relationship to Student _____

Preferred method of contact (please list phone # or e-mail) _____

If your child has no health irregularities, please indicate by checking the box. No Health Issues

*Health irregularities (such as **asthma**) that might cause a temporary interruption in physical activities, please describe. (If you would like to speak to a Coach about any medical issues don’t hesitate to email or call.)*

Parent or Guardian’s Signature _____ **Student’s Signature** _____ **Date** _____