CARLETON

**PHYSICAL EDUCATION RULES**

The rules for Carleton Middle School Physical Education are strict so that everyone has the opportunity to enjoy the class.

**DAILY REQUIRMENTS:**

* Students will be required to participate each day the class meets.
* Each student will be given a floor space for attendance purposes. If a student is not in their assigned floor space they will be marked tardy or absent.
* ALL jewlery must be removed for safety reasons and locked up in the student’s gym locker.
* Food, including **GUM**, is **NOT ALLOWED** in the gym or locker room.
* All injuries, problems, and unsafe conditions should be reported immediately.
* Never leave the gym area without a **teacher’s** permission.

**PERSONAL REQUIREMENTS:**

* You will show respect to teachers, guest teachers, gym aids, and every member in this class. Please keep your personal differences out of the class.
* In this class do not address someone as “Hey girl or guy”, find out his or her name and use it.
* There will be no arguing, whether it is a fellow student or me. You will learn to accept things that you do not like without losing your temper. Sportsmanship is the name of the game.
* Classmates are to be respected and admired for doing their best. Ridiculing another’s performance is not acceptable.

**CLOTHING:**

* See the Physical Education Clothing Sheet attached to this packet for suitable clothing.
* On all shirts, the student’s last name must be in 1“letters on the back just below the collar. For shorts and sweatpants, the name should be on inside tag. This will allow us to return lost items to your child in a timely fashion.
* Students **MAY NOT** wear team uniforms/warm-ups as their gym clothing.
* Physical Education classes will be outside in cold weather. Sweat pants (blue, black, red, or grey **ONLY**) and sweatshirts, along with hats and gloves may be worn. It is recommended that students have **all their clothes** available to them everyday. Students will not be allowed to return to their main hall locker to acquire additional clothing.
* For those students wishing to participate in shorts, it is **MANDATORY** that they are of an **ATHLETIC BASKETBALL LENGTH (mid thigh).**  **NO EXCEPTIONS.**
* No spandex, jeans, jean shorts, pajamas or tank tops allowed.

**LOCKERS/LOCKERROOM:**

* Students will be provided a lock for their gym locker. If lost, an $8.00 fine will be assessed. **No one can share a locker**. Sharing a locker will result in detention/referral.
* Due to serious health and safety issues, absolutely no sprays, aerosols, scented lotions and glass will be allowed in the locker room.
* Students will have approximately 4 minutes to dress for the class after the bell rings and 4 minutes at the end of class to redress for their other classes.
* Students must be in the locker room when the tardy bell rings. If not, they will be considered tardy. A **double tardy** can be assessed in one class period. **BE ON TIME!**
* You must have all gym clothing available daily: gym shorts, white or Carleton shirt with last name, socks, and gym shoes. **Students must change out of their school clothes and into their gym clothes everyday to receive credit.**
* You **may not** borrow someone else’s uniform to participate in. Shoes must be securely tied.
* Clothes must be taken home on Friday to be washed.
* CARLETON P.E. is not responsible for loose items.

RETURN THIS PORTION

I have read over the Carleton Physical Education Rules with my child in which we agree to abide by.

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Physical Education Teacher/Hour

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Parent signature/date Student signature/date

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CARLETON

# PHYSICAL EDUCATION CLOTHING SHEET

DATE NEEDED BY: Second week of each semester

1. **T-SHIRT:** Purchase a Carleton T-shirt with name on it (see attachment on back) or put last name on back of a ***plain, white t-shirt*** in **ONE INCH** or bigger fabric letters. **NO marker** will be accepted.
2. **SHORTS:** No jean, spandex, short shorts, tight shorts, or pajama material. Students may not wear the school issued team shorts. Shorts must be of an appropriate mid-thigh length. NO EXCEPTIONS.
3. **SWEAT PANTS:** Need to be loose fitting. NO LETTERING ON THE BACK SIDE OF SWEATS
4. **ATHLETIC SHOES:** No high sole bottoms, open toe/back shoes will be allowed on the floor. Students will not be able to participate in their socks.
5. **DUFFOLD/PLASTIC BAG:** To take items back and forth from school to home to wash. A small bag for jewelry is a good idea too!

## OPTIONAL:

Sweat shirt, sweat pants, hat and gloves. It is recommended that students have **all their clothes** available to them everyday.

Cold temperatures and light rain will not stop us from going outside, so be prepared!