



## Medical Excuses

Students get **one** excused day every month. This means that the student will be excused from physical activity without a note from their parent/guardian. If a child has been sick due to minor illness and does not need to participate, parents **must write a note**. The note will excuse the student for two days only. **After two days the student must have a doctor's excuse**. When a doctor has prescribed *no physical activity* or limits physical activity, a letter from the doctor stating the reason, limitations and the number of days the student is to be excused is to be furnished to me immediately.

### Physical Limitations

If a student has a medical or physical problem that would interfere with his/her physical education (asthma, arthritis, diabetes, sickle cell, heart condition, seizures, etc.) a letter from the doctor must be provided to me explaining the problem.

Physical education class is 30 minutes long. If your child is sun sensitive and needs to wear sunscreen, it must be applied at home. A busy schedule does not allow the time to apply sunscreen.

## Contact information



School Name

Physical Education Policies & Procedures

Teacher Name  
Physical Education Specialist

The best way to a child's mind is through his feet.

*Cut—detach and return . Student's will not be allowed to participate until this form is signed and returned!*

Student's Name

Homeroom Teacher

I have read the class rules for physical education and have gone over them with my child. My child understands the class policies and procedures..

My child had **NO** known physical problems or conditions and **CAN** participate in physical education.

My child HAS a physical or medical condition that will interfere with physical activity and ins indicated below. (Please make copies an y documentation from a physician. All documentation must be furnished yearly.)

Parent Signature

Date

**From  
Teacher  
Name**



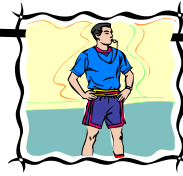
Dear Parents:

It is my privilege to teach your child physical education. To guarantee that your child and all of the students at Bear Exploration Center get the excellent learning climate they deserve, please take time to review my class rules and policies to make sure your child understands them. In physical education it is very important that all students know and follow rules because someone can get hurt or cause someone else to be hurt. I expect all children to behave appropriately and will tolerate no student stopping me from teaching and/or any student from learning.

*Teacher Name*  
P.E. Specialist



**Class Rules**



- Follow all directions.
- No talking while the teacher is speaking.
- Keep hands and feet away from others unless instructed by the teacher.
- No eating or chewing allowed. There should be nothing in your mouth (this includes gum, candy, Kool-Aid, paper, pencil erasers, pen tops, etc.)
- No pens, pencils, combs or brushes in pockets.
- No purses, toys or key chains dangling from belt loops or pockets. Leave backpacks and purses in the classroom. These items will be taken up and not returned until the last day of school.
- Be courteous and respectful to each other, teachers and visitors.
- Always be in the immediate playing area with the teacher. Never leave physical education without permission.
- When the whistle blows: squat or kneel down immediately and look directly at the teacher for instructions. **Stop, look and listen!**
- If a classmate gets hurt, **never touch them or try to help them up.** Go immediately to the teacher and report the injury.
- **Athletic shoes must be worn everyday.** Shoes with open toes or heels, flip flops, sandals and cowboy boots are not proper footwear. Improper footwear will result in the student not participating and a grade of zero for the day.
- Girls must wear shorts under dresses and skirts.
- No changing of shoes. Changing of shoes for p.e. is time consuming for the classroom teacher, student and myself.
- Leave dangling jewelry at home.
- Secure long hair with clips or bands.
- No caps or sunglasses unless prescribed by a physician.

**Conduct**

**1st consequence— verbal warning**  
(No grade change)

**2nd consequence—time out**

(Grade drops to a B)

**3rd consequence—conduct letter**

(Grade drops to a C)

**4th consequence—parent conference**

(Grade drops to a D)

**\*5th consequence—office referral**

(Automatic grade of F)

\*In extreme cases consequences 1-4 may be skipped and go directly to consequence #5.

**No conduct grade will be changed or brought up and will remain the duration of the grading period.**

**Weather**

50 degree rule: During cold weather months it must be 50 degrees or higher for p.e. classes to go outside. On extreme hot temperature days we will have class in my air conditioned room or the lunchroom. Please make sure your child understands this is for their safety and welfare.

**CONTACT INFORMATION**

I am available for phone calls between \_\_\_\_\_ am each morning or after \_\_\_\_\_ PM on Wednesday, Thursday and Friday. You may also email me at \_\_\_\_\_

Conferences must be scheduled through the office (Phone #).