

McGee Middle School
Physical Education/Wellness Guidelines

During all Physical Education/Wellness classes, students are required to actively participate to the best of his/her ability. Students that follow the guidelines listed will have a successful school year in PE/Wellness classes.

STUDENTS' EXPECTATIONS:

- Enter and exit the locker room from the first floor hallway entrance doors. For your safety, you may not enter the locker room from the Wellness Center.
- Arrive for class in the locker room by the second the bell.
- Be prepared for physical education class with P.E. attire: t-shirt/sweatshirt, elastic waist shorts/sweatpants, and sneakers.
- Wellness straps are required for your wellness classes; lock the strap in your gym locker after each class; report missing straps to your wellness teacher.
- You are assigned your own locker and lock. You are *not* allowed to share lockers or leave your lock on a long locker once the class has ended.
- A lost lock must be reported immediately. A new lock will be issued for \$5.00. Students may not use their own locks from home.
- Remove all jewelry and safely secure all valuables in your assigned gym locker.
- Use the restrooms and drinking fountains *before* class begins and *after* class is dismissed in the locker rooms.
- Enter the gym from the locker room for class and sit in your assigned floor space for attendance.
- Class Closure - a PE teacher will use a whistle to signal the end of class; students will STOP and LISTEN for directions before proceeding to the locker rooms to get ready for their next class.
- Students are required to stay in the locker room after class until the bell rings to pass to their next class.
- A note from your parent/guardian is necessary to be excused from class. A doctor's note is required for any short or long term excused absence due to a medical reason.
- The mandated CT Fitness Challenge Assessments are performed by all students. A signed physician's medical form is required to be exempt from any of these assessments.
- The Mile Run Assessment will be done at the BHS track in October. Students will be transported by bus.

