

# CARDINALS “R” TOPS!

## CLASSROOM BEHAVIORAL EXPECTATIONS

Grade/Subject: 7th Grade Physical Education

Classroom Expectations	Expected Student Behaviors
<b>RESPECT</b>	
<b>T</b> ime	<ol style="list-style-type: none"><li>1. Arrive prepared with all materials.</li><li>2. Stay on task.</li><li>3. Be ready to start class when the bell rings.</li><li>4. Follow teacher directions the first time.</li></ol>
<b>O</b> thers	<ol style="list-style-type: none"><li>1. Positive feedback only.</li><li>2. Be kind, be positive.</li><li>3. Keep hands, feet and objects to yourself.</li><li>4. Listen when others are speaking.</li></ol>
<b>P</b> roperty	<ol style="list-style-type: none"><li>1. Use materials for intended use only.</li><li>2. Take pride in school property and supplies and leave the classroom in better condition than you found it.</li><li>3. Be prepared with your own materials.</li><li>4. Only touch your own things.</li></ol>
<b>S</b> elf	<ol style="list-style-type: none"><li>1. Make positive decisions.</li><li>2. Be responsible for your actions.</li><li>3. Stay in dress code.</li><li>4. Be ready to learn.</li></ol>

## Classroom Routines/Behavior Expectations

### Things you need for class:

1. Uniform- red shorts, gray physical education shirt, socks, gym shoes
2. Agenda- should be brought to class on a daily basis
3. Warm clothes to wear over uniform on cold days. **These should not be the clothes worn to school. (No hooded sweatshirts.)**

### Dress Policy

1. Dress Policy: Students are required to dress for class on a daily basis. If a student does not have their uniform for class, a clean 'loan' uniform can be borrowed, provided they have their agenda. A grade deduction is made each time a student does not have his/her uniform. Students wearing a 'loan' uniform can still earn their effort/participation points. Repeated borrowing will result in parent contacts and consequences.

### Uniform

1. Your name should be written on the front left leg of the shorts, front of the t-shirt and anyplace on shoes.
2. Do not wear other people's gym uniform.
3. Gym shoes must be laced and tied/fastened properly. Proper footwear is essential for safety. Unacceptable shoes for P.E. include sandals, slip on shoes, shoes with open heels or platform soles, and other shoes worn loosely that result in poor ankle and foot support.
4. Do not write or draw on your uniform except for your name as required.
5. Do not modify you uniform in any way (cut sleeves, neckline, length, etc.).
6. Clothes such as t-shirts or shorts, should not be worn under your gym uniform.
7. The P.E. shirt should be tucked in during class. No "sagging" shorts.
8. Your P.E. uniform should neither be worn in other parts of the building nor under your clothes to school.
9. Your P.E. uniform should not be worn for after school activities including athletic team practices.
10. Uniforms should be taken home to be washed at the end of the week, and returned at the beginning of the following week.

### Locker room

1. The locker room is off limits unless a teacher is present. Students are only to come to the locker room when it is time for their physical education class.
2. After class all students must remain seated at their locker until it is time to pass to the next class.
3. **Students are not permitted to bring Chromebooks, cell phones, i-pods, etc. to the locker room or gym areas. These should be left in your hall locker.**
4. Students should not share a locker with other students. Do not tell other students your combination.
5. Students should use the restroom during their time to change clothes.
6. Do not bring aerosol cans (Axe spray) or glass containers (cologne/perfume bottles) into the locker room.
7. Do not bring food/drinks into the locker room.

### In the Gym

1. Any time you hear a whistle, stop what you are doing and listen.
2. When you enter the gym, walk to your assigned spot and sit down. **Do not participate in any activity before attendance is taken.**
3. Students are only to enter the gym during their assigned class time and only if the lights are on. Do not cut through the gym on your way to the locker room, health class, or the bus.
4. For you own safety, please remove jewelry before reporting to the gym for attendance.

	<ol style="list-style-type: none"> <li>Do not leave the gym or activity area without permission from your teacher.</li> </ol>
<b>Outside Activity Areas</b>	<ol style="list-style-type: none"> <li>Do not pick up or throw objects such as rocks, acorns, sticks, etc.</li> <li>For safety reasons, do not cut through cars in the parking lot on the way in or out to class.</li> <li>For everyone's safety, do not approach or call out to animals. This includes dogs, geese, goats, etc.</li> <li>If the outside doors are locked, you should wait on the sidewalk (not the steps) until a teacher unlocks the door.</li> </ol>
<b>General/ Behaviors</b>	<ol style="list-style-type: none"> <li>Follow directions the first time they are given.</li> <li>Do not ask, "What are we doing today." Check the agenda written on the board in the gym.</li> <li>There is no gym chewing or candy at any time. Do not chew on pen tops, paper or other objects.</li> <li>Do not bring food or drinks to the locker room or gym areas.</li> <li>It is important you behave in the locker room, gym and activity areas in a manner that does not place you or your classmates in a dangerous situation. They gym, locker room and activity areas are our classroom and we expect you to behave appropriately. The following are some examples of things that are <b>inappropriate</b> in our classroom and could result in injury: running or chasing when it is not part of the class game or activity, throwing clothing, pencils, or other objects, closing others lockers, climbing on lockers or bleachers, jumping off bleachers, hanging on the basketball nets, pulling or holding doors closed, rough play, tripping, pushing, slapping or other kinds of horseplay. <b>Use common sense at all times.</b></li> </ol>
<b>Illness/Injury/Parent Notes</b>	<ol style="list-style-type: none"> <li><b>Illness:</b> If you become ill during the school day, but you are not sick enough to go home, you are still required to dress for class. Notify your teacher during attendance. You and your teacher will decide how much activity you should be involved in. This should not be a repeated occurrence.</li> <li><b>Injury:</b> If you hurt yourself during class and think you need to see the nurse, come and tell us. We may not see the injury occur.</li> <li><b>Parent note: A note from your parent excusing you from P.E. class is good for one day. You are still required to dress for class. To be excused multiple days from class requires a doctor's note stating how long you are to be out of class. Since dressing is part of your grade, students are required to dress even if participation is limited.</b></li> </ol>
<b>Tardiness</b>	<ol style="list-style-type: none"> <li>The school tardy system will be used for any student who does not arrive at the locker room door on time. A grade deduction will be made for any student that is late for attendance in the gym.</li> </ol>
<b>Passes (Request to leave the room)</b>	<ol style="list-style-type: none"> <li>Passes can be given after the first 5 minutes to the last 10 minutes of class.</li> <li>Passes can be given while in the locker room, not in the gym during teacher instruction or student participation time.</li> <li>Only one student will be permitted to leave the locker room at a given time.</li> <li>You must have your agenda with you with passes in it and the pass page must be attached to your agenda.</li> <li>Passes will only be written for illness or emergencies. On Mondays passes may be written to retrieve uniforms if left in hall locker.</li> </ol>
<b>Completing &amp; Returning Work</b>	<ol style="list-style-type: none"> <li><b>Make up work:</b> If a student is excused from a daily run, skill test, etc., either by a note or absence, they are still required to make up the work missed. Any run, test or activity not made up will be recorded as a zero in the grade book.</li> </ol>

**Starting Class**

1. When you enter the gym, walk to your assigned spot and sit down. **Do not participate in any activity before attendance is taken.**

**Ending Class**

1. Return to your squads and wait for dismissal from your teacher.