



L.A. Ainger Middle School

Physical Education – Guidelines for Interaction



1. Double Arm Distance between others.
2. Sanitize as you enter and exit. (hand sanitizer or wash at sinks)
 - a. Pump, walk away from the bottle as you apply
3. Enter and Exit: Use the designated enter and exit doorways to your destination.
4. Spots are assigned by teacher. Please go straight to your assigned spot when entering the class.
5. Please, bring your own Water Bottle (clear plastic – see through)
 - a. Make sure you put your name on it.
 - b. Water breaks can't be during instruction.
 - c. If you spill, please wipe it up.
6. Dress out clothes: L.A. Ainger physical education students are asked to wear a designated/appropriate physical education workout outfit. The uniform should consist of a black, grey, or white T-shirt and athletic shorts. Students are not allowed to wear denim or khaki shorts. Students are also allowed to wear sweatpants. Students may **NOT** wear hoodies during class – this is a safety and liability issue.
7. Restroom, please take care of needs ahead of time. Students will have time prior to class and again at the end of the class period. Speak with the teacher if there is an emergency and can't wait.
8. Sanitize equipment after every use.
9. Safe Environment
 - a. Respond quickly to class signal. (Handheld whistle)
 - b. Keep the whole body safe.

Follow directions: Do your best! Ask questions if you have them. Let's move and be healthy in a safe controlled way!