



# L.A. Ainger Middle School

## Physical Education – Expectations



Coach Jackson and Coach Starck and Coach Stier

Dear Students and Parents:

It is our hope that this P.E. course will improve your student's health and overall well-being. This program is both stimulating and rewarding. To take advantage of this course, physically, mentally, and socially, one must participate and abide by all the rules and guidelines set forth by your instructors. We desire our students to enjoy physical activity and instill exercise in their daily lives. Hopefully, your students will be rewarded with a healthy life by actively participating in this program. This can only be achieved through MAXIMUM EFFORT and a positive attitude.

If you have any questions or if we can assist you in any way, we encourage you to contact us at your convenience. Please view our P.E. webpage:

<https://www.yourcharlotteschools.net/site/Default.aspx?PageID=28803>

### **Required Materials:**

- **Dress out clothes:** L.A. Ainger physical education students are asked to wear a designated/appropriate physical education workout outfit. Students are to wear comfortable loose clothing which will allow them to move freely during the class. **Students must wear tennis shoes/sneakers when participating in class.** Students who wear Crocs, Slides, Hey Dudes, Flip Flops or Sandals will receive a "0" for the day and may be asked to sit out in a designated spot on the bleachers during the class period, or they may be assigned to walk the fitness course until the end of the class period. Students are responsible for bringing their own footwear.
- **Students may NOT wear hoodies, Crocs, Slides, Hey Dudes, Sandals, Boots, nor HATS, during class – this is a safety, security and liability issue.**

### **Class Information:**

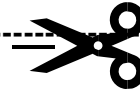
- Students will be engaging in exercise everyday unless notified regarding a guest speaker, or special activity. All students must participate in physical education class as per state regulations.
- Any student who does not fully participate will receive a grade reduction.
- A parent's note will excuse the student from participating for only two days. After that, the only acceptable excuse will be a **doctor's note.**

- **Students are not permitted to use cell phones.** Cell phones will be confiscated by the school administration if found outside of a secured backpack/purse.
- L.A. Aigner Middle School will not be responsible for any items that are lost or stolen under any circumstances in the locker room, gym, or athletic area.
- **DO NOT BRING VALUABLES TO CLASS!!!**
- Students will have the first 10 minutes of class to use the restroom.

**Class Expectations:**

- Be prompt: **DO NOT BE LATE** - Students who are late for class will receive an “TARDY”.
- Be prepared: Participate to the best of your ability – **EVERYDAY!**
- Be polite: Rude and inappropriate behavior will **NOT** be tolerated: it is a safety issue.
- Be positive: Come to class ready to learn, with a good attitude and be willing to try new things. Always demonstrate good **SPORTSMANSHIP!!!**

*Cell phones, Food & gum will NOT be allowed during the class period. **All students are encouraged to have a labeled water bottle for class!***



**Parents, please sign and have your child return this slip to their P.E. teacher. This will show us that you and your child have read the information and understand our expectations. Thank You**

Student Name: \_\_\_\_\_

PE Teacher (Circle 1): **Coach Jackson** or **Coach Starck** or **Coach Stier**

Students Signature \_\_\_\_\_ Period \_\_\_\_\_

Parents Signature \_\_\_\_\_ Contact Number \_\_\_\_\_

Main Contact: Parent’s/Guardian’s email address: \_\_\_\_\_ (required)

Secondary Contact: Parent’s/Guardian’s email address: \_\_\_\_\_

- **Students may NOT wear hoodies, Crocs, Slides, Hey Dudes, Sandals, Boots, nor HATS, during class – this is a safety, security and liability issue.**

Please answer the following questions:

- 1) Please list any medical conditions or physical limitations that the physical education staff should be aware of:

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