



SENECA RIDGE

HEALTH AND PHYSICAL EDUCATION

EXPECTATIONS AND SAFETY PROTOCOLS

UNIFORMS

- ☺ Complete uniform- \$7.25 (shorts \$4.75, shirts \$2.50).
- ☺ Checks made payable to Seneca Ridge Middle School
- ☺ Student's first and last name should be clearly printed on the center back of the uniform shirt. The student's last name should be printed on the left front leg of the shorts. There should be no extra marks or designs made on the uniforms.
- ☺ Students should wear athletic shoes and socks for safety and performance. Shoes should be tied securely.
- ☺ Students should have a back-up uniform in their P.E. locker. The back-up uniform is used when the student forgets their uniform. This uniform should be a plain light colored T-shirt with sleeves and a pair of elastic waist dark colored shorts equivalent in length to the Loudoun County P.E. uniform.
- ☺ Uniforms are taken home weekly to be laundered. Make sure your back-up uniform remains in the locker in case you forget to bring your clean uniform back after the weekend.

LOCKS

- ☺ Only locks issued by the school may be used in the locker room.
- ☺ A \$5.00 replacement fee will be charged for lost or damaged locks.
- ☺ Do not share locks, lockers, and combinations.

PARENT NOTES

- ☺ Students can bring a note from their parents limiting their activity during PE. Notes should be specific regarding level of participation. Students benefit from modified activity levels and should only be completely excused from all activity when appropriate. The parent note is valid for 1 to 2 class meetings (3 consecutive calendar days) for illness or injury.
- ☺ Notes should be given to the PE teacher.
- ☺ Students are still expected to dress out and observe, participate as much as they are able, or an alternative assignment will be given.

DOCTOR NOTES

- ☺ If a student must miss activity for more than 2 consecutive class meetings, the child's doctor will fill out the **LCPS Restricted Activity Checklist** (found on PE Teacher's website).
- ☺ Medical Excuse Form will be given to the nurse and a copy will be provided to the PE teacher.
- ☺ Long-term medical excuses may require an appropriate alternative assignment in place of full physical participation.

GENERAL RULES

- ☺ RESPECT all equipment, students, and teachers.
- ☺ Cell phones are not permitted in the gym areas unless instructed by the teacher.
- ☺ Teacher permission is required to use equipment or to enter storage areas.
- ☺ Report all injuries or illness to your teacher immediately.
- ☺ Be seated in your squad by the tardy bell.
- ☺ Dress appropriately. This means shoes are tied and pants are worn at the waistline. Under clothing should not be visible.
- ☺ Students have 5 minutes to change at the beginning of class and at the end.
- ☺ Do not wear jewelry. It is dangerous to you and others when active.
- ☺ Follow all school rules.

Students are expected to adhere to rules for the welfare and safety of all class participants.

LOCKER ROOM RULES

- ☺ Notify a teacher if you need help, if your lock is lost, or if there is a problem.
- ☺ Do not share lockers.
- ☺ Dress quietly and quickly in your section.
- ☺ Make sure your lock is locked on the appropriate locker.
- ☺ Do not throw objects, run or engage in “horseplay” in the locker room. It is dangerous.
- ☺ No glass containers, sprays or powders are allowed.
- ☺ Do not enter locker room during class time without teacher permission.

GRADING

- ☺ Evaluation consists of a combination of a Health and Physical Education assessment.
- ☺ Grading is based on 5 Health and Physical Education Standards;
 - Fitness Planning: maintaining Heart Health Intensity levels during aerobic warm-ups. Completing flexibility and strength training exercises.
 - Skilled Movement: demonstrating proper technique in sports and game activities.
 - Focused Intensity: using allotted class time to master fitness and sports skills and concepts.
 - Social Development: demonstrating appropriate safety protocols as instructed in class, moving in PE areas safely and appropriately for the concept being practiced.
 - Health Knowledge: mastering concepts in the FITT Principle, Nutrition, Cardio-Respiratory Systems, Skeletal and Muscular Systems, and the 5 Components of Fitness.

RETURN THIS FORM TO YOUR P.E. TEACHER

LOUDOUN COUNTY PUBLIC SCHOOLS

Seneca Ridge Middle School

98 Seneca Ridge Drive
Sterling, Virginia 20164

Telephone: (571) 434-4420

FAX: (571) 444-7567

PHYSICAL EDUCATION INFORMATION CARD

Health and Physical Education Department

Please sign and return this form to your child's Physical Education Teacher

Student's Name _____ Grade _____
Last First

PE Teacher's Name : Mr. Young Block _____

Asthma: Yes No (if yes, please comment below on medical concerns)

If yes, does the student require an inhaler? _____

Student Medical Concerns/Allergies (only list those that may affect the safety of your child's participation in P.E.):

Reminder: Parent notes to limit student activity due to illness or injury are valid for 2 consecutive class meetings (3 calendar days).

My signature below indicates that I understand these expectations and protocols.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

RETURN THIS FORM TO YOUR P.E. TEACHER