

UMS PE Expectations 2024-2025

Preparation

In order to earn full credit for preparation, students MUST wear appropriate attire for physical activity (and weather) in a school setting. This includes:

- Athletic shorts that are sufficient in length, even during movement (no jeans, jean shorts, or short compression shorts)
- Athletic shirt that provides ease of movement and covers an individual's midsection during movement and does NOT have a low cut neckline. Undergarments should not be seen.
- Sweatpants/leggings (NO jeans or dress pants)
- Sweatshirt
- Securely fitted sneakers that are appropriate for running and ensure safety during activities in the gym and outdoors (NO sandals, slides, UGGs, Crocs, slippers, etc.)

[Please refer to the UMS Student Handbook for more information regarding dress code.](#)

Students will have 5 minutes at the start of the block in the locker room to prepare themselves for class, and 5 minutes at the end of the block to prepare for the next block or dismissal.

- ❖ Students are NOT allowed to have gum/candy during class!
- ❖ Students are NOT allowed to bring their cell phones out of the locker room

Appropriate behavior in the locker room should be practiced at ALL times. Absolutely NO cell phones should be visible in the locker room. It should either be in the individual's hallway locker or INSIDE their bag, NOT in their hand. Earbuds and headphones should not be out either.

- ❖ We encourage ALL students to practice good hygiene habits. Deodorant/antiperspirant use is highly recommended before and after activity. The changing of clothes after exercise is also highly recommended to prevent bacteria and odor. Students will know in advance the activities in which they will be participating, so they should plan accordingly. It might be a good idea for students to always have a change of clothes just in case.

Grading

Students have the ability to earn a 100% per class based on the following criteria:

Preparation = 30%

Dressed in appropriate clothing for physical activity (see above)

If the clothing is not deemed appropriate by the teachers you will not participate and will not receive credit for the class.

- ❖ 1st and 2nd offenses – Students will not earn preparation points but will be able to participate. Students will receive a warning from the teacher.
- ❖ 3rd offense – Students will not earn preparation points and will NOT be able to participate, resulting in earning no points for the class period.
- ❖ Additional offenses will result in an office referral.

Participation/Effort = 40%

Students are expected to actively participate to the best of their individual ability throughout the duration of class. They should be able to demonstrate that they understand the rules

Responsibility, Safety & Sportsmanship = 30%

- Being attentive and free from distractions when teachers are giving instructions and being able to follow those instructions
- Playing by the rules of the activity/game in order to ensure everyone's safety
- Acting appropriately and respectfully towards the teachers and their peers by:
 - Maintaining a positive attitude
 - Avoiding inappropriate language/comments
 - Playing fairly
 - Including and encouraging others
- ❖ In order for a student to be ON TIME for class, they must be seated in their attendance spot BEFORE the teachers start to take attendance.
- ❖ 10% of their daily grade will be lost for each time they are late.