

FIRST UNITED METHODIST SCHOOL
PHYSICAL EDUCATION
Class Policies
2015 - 2016

Students must wear athletic shoes to participate in PE classes. Patent leather shoes with hard soles, hiking boots, skateboarding shoes, loafers, etc., are not acceptable. Only athletic shoes/sneakers provide adequate support for the foot and ankle. Students will sit out during class if shoes are deemed inappropriate and will receive a zero for participation. A reminder notice will be sent home if this happens.

Students must wear the required Sir Walter uniform top and shorts/pants/capris for PE class. Skorts, skirts, and jumpers are not acceptable. Students not dressed appropriately will sit out during class and will receive a zero for participation. No Uniform Pass – please wear non-restrictive clothing (i.e., no jeans). If deemed inappropriate, student will sit out. Students with shoulder length or longer hair are highly recommended to have hair up off the neck and away from face during class. A scrunchie or pony tail band works well for this.

Students will only be excused from PE when there is a note from home or a doctor concerning the illness or injury. The student is responsible for bringing the note to P. E. class. If there is no note, the student receives a zero for the day. The student has until the next P.E. class to bring in a note to excuse the non-participation day. If a student asks to sit out due to a headache, cold, injury, etc., a note will be sent home. If a student sits out for PE the student also sits out for recess.

In order for your child to participate in PE and recess, the P. E. Health Form must be completed, signed, and turned in prior to the first day of school. If your child has a chronic or serious health problem (other than colds, etc.) that may affect his/her ability to participate in any PE activities, please fill out the information requested. It is your responsibility to keep the office and PE teacher informed.

Please update the PE Health Form if a change occurs in your child's health.

This form will be kept in the PE office for reference as needed regarding any activities and for the safety of the child. All information is kept confidential.

Water fountains are available at set times during class, but bringing a water bottle is still recommended. Water bottles are available for purchase for \$1 each. All proceeds will be used to purchase additional physical education equipment.

Thank you,

Roxanne Robertson
Physical Education Teacher

Physical Education Health Form

Your child will be unable to participate in PE and recess if this form is not on file.

Please Print

Student's Name _____

Grade for 2015 - 2016 School Year _____

Check here if your child has no known medical problems _____

Known health condition/s _____

Precautions _____

Specific care in case of an emergency _____

Preferred Hospital _____ Phone Number _____

Signature _____ Date _____

Permission to render First Aid

I hereby give permission to any staff member of First United Methodist School to use any of the following needed on my child for Basic First Aid:

Antiseptic Towelette	Band-Aids - Adhesive Strips	Hydrogen Peroxide
First Aid Cream	Anti-Itch Cream	Eye Wash
	First Aid Spray	

Signature _____ Date _____

Contact Name _____

Contact Number _____ Home Work Cell Beeper

Miss Robertson is certified in First Aid, CPR, and AED.