

# CABIN JOHN MIDDLE SCHOOL

## PHYSICAL EDUCATION POLICIES AND PROCEDURES

Physical Education (PE) is an activity oriented class designed to develop and maintain healthy habits that lead to increasing or maintaining an optimal level of fitness. Proper diet and regular vigorous exercise are required to reach this objective. The following requirements apply to all CJMS PE students.

### DRESS

All students are required to change into appropriate athletic clothing. The CJMS athletic uniform includes navy mid-thigh length shorts, solid loose-fitting light gray or white short sleeve t-shirt that extends to the hip, leather tied athletic shoes, socks, sweatshirt, and sweatpants. Please label all clothing items. T-shirts must be labeled with the first initial and last name across the front of the chest.

*As a fundraiser for Cabin John, students may purchase these standard items in Physical Education during the first week of school. After that initial week, clothing is available through the school store while supplies last.*

All clothing is kept in the student's physical education locker which is always kept locked, except when the student is changing for class. PE uniforms should be taken home every Friday for laundering and brought back to school on Monday.

### LOCKER ROOM PROCEDURES

Each student is assigned a PE lock and locker to secure their valuables. To help each student keep track of their lock and locker information, students are required to record their locker numbers and combinations with serial numbers in their CJMS Handbooks. Students will refer to this information as needed. The PE staff also keeps a record of combinations and serial numbers. The locker is used to store uniforms and items used for PE only. The security of the lock and locker is the student's responsibility: therefore, we stress the importance of keeping the locker locked and not sharing or giving out the combination to anyone, except appropriate staff members.

## SHOWERS AND TOWELS

Due to the nature of the Physical Education Curriculum, students are engaged in vigorous activity. All students are encouraged to take a shower after Physical Education class. We recommend that students bring in a terry cloth towel or wipes to use at the end of class. After participating in Physical Education, taking a shower or washing is a healthy practice and shows consideration for others.

## HEALTH CONCERNS

Students are required to follow safety rules and use good judgment with equipment. Students are expected to report all injuries and illnesses to their teachers when they occur. The Physical Education Staff will assist students and secure appropriate first aid and medical assistance as required.

If modified activity is required, students must see the individual PE teacher at the beginning of class. If no activity is indicated for a period longer than three days, a doctor's note is required. In either situation, written work may be assigned.

*\*If a student is unable to participate in PE class for a specific day, the student should provide a note from home.*

## REMINDERS

- Come prepared and ready to work
- Change into the required CJMS uniform
- Enter the locker room prior to the bell, and change for class
- Check the PE assignment board in the locker room each day for class location and required materials
- Return to the locker room as directed by the PE staff, and remain in the locker room until dismissed
- Exhibit sportsmanship, appropriate behavior, and proper language and expression