

LUNDAHL MIDDLE SCHOOL – PHYSICAL EDUCATION

Welcome to Lundahl's Physical Education class! Lundahl has one of the most comprehensive and leading edge middle school programs. We are looking forward to another year of activities with the students. The following are guidelines to ensure a safe and enjoyable environment for everyone.

I. Uniform and Equipment Needs

- A) Required – to be used daily, stored in gym locker.
 - 1) LMS uniform marked with your name (1 gold & 1 purple shirt, & 1 pair of shorts).
 - 2) Extra socks
 - 3) Gym shoes that are safe, appropriate, with secured and tied laces at all times.
 - 4) Sweatshirt and sweatpants without zippers.
 - 5) Torn clothing must be mended or replaced.
 - 6) 7th & 8th graders make sure old uniform fits, otherwise you may need to purchase a new one.
 - 7) Clothes worn to school are not to be used in physical education class. No jackets, jeans, etc., will be permitted.
 - 8) Non aerosol deodorant.
 - 9) Small container for storage of personal belongings for PE locker.
 - 10) Technology – Chrome tablets will be used in class and should be brought to each day. Smart phones and other technology may be utilized throughout the year as a tool for education.
- B) Provided by school.
 - 1) Gym lockers.
 - 2) Combination lock.
 - 3) Rental gym suits if needed.
 - 4) Chromebooks.
- C) Personal safety.
 - 1) If vision is obstructed, hair must be tied or pulled back away from eyes based on activity.
 - 2) All jewelry must be removed before class.
 - 3) Proper wearing of clothing (examples – shorts covering gluteus maximus, secure shoes)

II. Locker Rooms

- A) Students must dress completely in the locker room. Shoes must be tied.
- B) Use only the lock and locker assigned to you.
- C) Use your lock at all times! Do not give you combination to other, and do not share your locker. This is your responsibility!
- D) You are responsible for the lock and must return it at the end of the year. Lost locks cost \$5.00.
- E) It is everyone's job to help keep the locker rooms clean. Put trash and rental uniforms in the proper place. No one should be hitting, kicking or marking on lockers, walls, mirrors, bulletin boards, etc..
- F) You will remain inside the locker rooms until dismissed by a teacher or a bell.

III. Class Procedures

- A) Upon entering gymnasium, report to your squad
- B) Leave all equipment alone.
- C) Anyone not in line when attendance is taken will be considered tardy.
- D) Each class begins with of warm-up exercises, and then instructions will be given for the day's activity.
- E) No one leaves the activity area without permission from a teacher.
- F) Moving equipment: Students on occasion will be asked to help set up equipment for the day. This may range from volleyball standards, hurdles, gymnastics apparatus, wrestling mats, etc. Their help allows for more time to teach in class. It also gives them responsibility on how to take care of the equipment. Safety instructions are given for each specific situation. At no time are students to begin moving equipment without the supervision of an instructor.

IV. Class Activities

- A) Most activities are organized into 3-week units.
- B) General organization is as follows:
 - 1) Learning rules and fundamentals.
 - 2) Practicing fundamentals in drill situations.

- 3) Practicing on game situations.
- 4) Playing a series of games or tournament.
- 5) Written and/or skill test.

V. Non-participation - Our goal is to keep students involved, active, and healthy. When a student is limited in physical education, individualized instruction, drills, and activities can be modified or adapted to fit their limitations while keeping them safe. A parent's self-limit note or doctor's excuse must be on file with the health office. Any minor injuries or sickness that requires a parent note to be self-limited will be accepted up to three days. Students will still dress and participate to their ability or participate in an alternate activity. A total excuse from class will not be accepted. If a student is excused for longer than a three day period on a self-limit parent note, a note must be from a doctor. The only total excuse from activity that will be accepted is from a doctor. The PE staff will work with student to keep them engaged in class, and the student will be expected to be involve when possible (score keeping, referee, etc.) in the class. Students are responsible be for all information that will be on the test.

VI. Off Campus Units and/or Trips – Students throughout the year may participate in physical education units that are off campus; some of which have a fee. These are mostly 8th grade elective units. The department will work to keep cost down to a minimal as much as possible, while some units may have no additional costs. For elective units in 8th grade the students will be made aware of any costs prior to signing up. These off campus activities usually include the following, but may be subject to change:

6th gd. – Roller skating

7th gd. – Billiards, Roller Skating, Northwall

8th gd. – Tennis, Bowling, Golf, Roller skating, Hiking, Billiards, Rowing, Northwall (rock climbing) Biking (which may include destinations of parks, lake tour, bike trails, The Freeze, Mr. Kaiser's house which has: cargo net, zip-line, trampoline, climbing wall & 8 other elements of fun).

VII. Assessment

