

## PHYSICAL EDUCATION RULES

In Physical Education, students participate in a regular program of moderate and vigorous exercises and activities. The following rules are recommended to protect each student and enable him/her to obtain the maximum benefit from the program.

1. Appropriate athletic shoes will be worn to class. This is important for the safety of the student. The shoes should have flat soles and should be properly laced or fastened. Not wearing the right shoes will hurt your grade.
2. To prevent loss, damage, or personal injury, students should not wear excessive jewelry during physical education class.
3. Food, gum, beverages, and personal belongings are to be kept in the classroom.
4. **At all times, whether as a participant in an activity or game, or as a spectator, each student will behave in a good sportsman-like manner.**
5. Remain quiet while the instructor is speaking.
6. Take care of equipment and return to its designated area.
7. All injuries are to be PROMPTLY reported to the teacher.
8. Students are expected to go directly to a paw when arriving for P.E. horseplay and use of equipment during this time will not be tolerated.
9. Students are to drink plenty of water during their P.E. time. When the whistle blows students are to line up. No water after final whistle.
10. Students are to respond to the various whistles when they are blown.

### Upcoming Events

1. Jump Rope for Heart
2. Physical Fitness Testing
3. The WES Olympics
4. PE Night