

# **CABIN JOHN MIDDLE SCHOOL**

## **PHYSICAL EDUCATION PRACTICES AND PROCEDURES**

Physical Education 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 Cabin John Middle School Physical Education students.

### **DRESS**

All students are required to **change** into appropriate athletic clothing. All clothing is kept in the student's physical education locker which is always kept locked. Physical Education uniforms should be taken home every Friday for laundering and brought back to school on Monday. Cabin John uniforms will be sold during the first week of the school year.

### **LOCKER ROOM PROCEDURES**

Each student is assigned a Physical Education 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 Physical Education staff also keeps a record of combinations and serial numbers. The locker is used to store uniforms and items used for Physical Education 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.

## **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 their individual Physical Education Teacher at the beginning of the class period. 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 requires a modified program to "physically" participate in Physical Education 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 Physical Education 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