

WESTSIDE *Physical Education* *Student Expectations*

**“Safe, Respectful, Accountable, and
Responsible Behavior”**

WESTSIDE Physical Education Mission Statement

- Building a globally competitive school system that educates the whole child through teaching, learning, collaboration, and innovation.
- **Our goal is to empower students to pilot their own healthy and physical lifestyles in order to become lifelong active individuals.**
- Our goal is to keep students active, engaged and feeling successful while emphasizing kindness, cooperation and respect for self and one another.



Grading Policy

Students' grades are based on:

- PARTICIPATION
- ASSESSMENTS
- EFFORT
- Notebook/Fitness Journal

Make-Up Policy

For students to achieve full credit for missed classes due to illness or absence the student must make up the classwork two weeks prior to grade finalization progress report grades. It is the student's responsibility to contact the teacher and arrange to make up the missed work.

Students will be allowed time on Fridays and other designated days to complete missing work. Therefore, there will be no excuse other than the student chose not to complete the assignment if it is anything other than passing.

Dress Policy



Students are expected to dress properly every day for physical education. This includes shorts, pants, t-shirts, and closed toe sneaker (does not include Crocs).



If student is not dressed properly, s/he will not be allowed to participate, and his/her grade will reflect accordingly.



It is advised for students to bring a change of clothes since there will be sweating.



Students are also advised to bring the following: water bottle, towels, deodorant, wipes, etc.



Students are Expected:

- **In this order (get dressed quickly if you will be changing)**
 - **Sign In for attendance**
 - **Report to Team/your designated area**
 - **Review expectations/instructions for Warm-up**
 - **Begin warmup without having to be told**
- **To report to the physical education area on time, dress out quickly, lock up personal belongings and walk out to designated area Leave all PE equipment alone until a teacher gives permission for its use.**
- **Remember NO Play Fighting ,Cuddling, OR CHASE GAMES ALLOWED WHILE WAITING FOR TEACHER!**
- **Any items found here are to be use as instructed;**

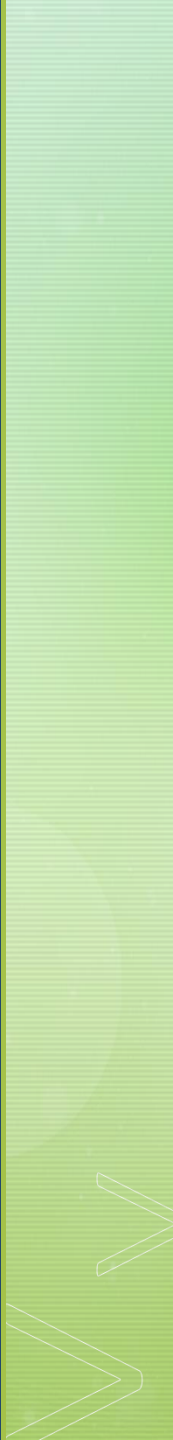
A decorative background on the left side of the slide featuring several dark grey paper airplanes scattered across a dark grey surface. A yellow paper airplane is partially visible on the right edge of the dark area. The background is split into a dark blue upper half and a light green lower half by a vertical line.

Students are Expected to: RESPECT

- **The property and rights of others-If you are not given instructions/permission to use equipment or property leave it ALONE**
- **And accept the ability of others**
- **The teaching and learning process-there is no need to inform us that you can not do something; the key is effort and giving your BEST**
- **And take pride in your physical education facility, equipment and uniform**



Students are Expected to Participate

- *Participate safely and to the best of their ability in all activities, regardless of skill level, interest, or physical limitations.*
 - *A POSITIVE attitude is everything!*
- 

Students are Expected to:



**TO ENTER THE GYM FROM
MAIN BUILDING.**



**ALWAYS STAY IN
SIGHT OF COACHES (IF
WE CAN NOT SEE YOU
THEN YOU ARE NOT
WHERE YOU SHOULD
BE)**



**WAIT FOR PERMISSION
FROM THE TEACHER TO
ENTER THE LOCKER
ROOM/RESTROOM.**



**READ THE MESSAGE
BOARD FOR ANY
NECESSARY
INFORMATION.**

Students are Expected to:

- **LOCKER ROOMS** will not be unlocked during the class period so use it during the designated time set by coaches
- **Conduct themselves in an orderly fashion while in the locker room.**
- **Including but NOT LIMITED to:**
 - **No Vaping**
 - **Use the facilities as they are intended**
 - **No horseplay/fighting**
 - **No excessive noises**



Students are Expected to:

- **It is recommended that you purchase a locker and not bring bookbags to the gym/class.**
- **Place personal items in designated area**

**Your Physical Education
Teacher is not responsible
for**

**your personal belongings,
therefore, it is your
responsibility to make sure
you have locked your
locker!!! Double, Triple check
if you have to...**



Students are Expected to:



- *NOT chew Gum! (if for some reason you hide the gum in your mom, if it falls out of your mouth know that you can pick it up and put it in the trash can just as anything else that falls on the floor/ground/etc.)*
- *Do not bring candy, food, or drinks to PE class ; store in your locker.*

students are not doing a good job cleaning up behind themselves and your parents are not here to clean up behind you (if for some reason we are feeling generous and it is allowed, understand that if we find that students are not cleaning as they should, this will be further enforced)

Finally, Students are Expected to:

***Demonstrate good
citizenship, and
sportsmanship at all
times.*

***Rude, inconsiderate
and/or inappropriate
language or behavior
WILL NOT BE
TOLERATED!*



Student Expectations for Class Assignments (HEALTH & Notebook)

I will always provide information providing how to receive full credit (how much each component is worth)

1. Read all the instructions, going step by step one at a time.
2. Use the resources provided by the coach to complete assignments to decrease confusion
3. Make sure if you need assistance, you can provide clarity explaining and showing what you have done so far, what you used to complete assignment, and where the assistance is needed. I expect you to put forth the effort and show that you are trying before I will intervene.
4. The key is listening when I am talking/providing instruction/giving examples, etc.: BE GREAT!!

CHAMPS

	Teacher Instruction	Activities	End of Class
C onversation	0	2	1-2
H elp	Raise hand	Ask 3 before you ask me	Everyone helps during equipment collection
A ctivity	Whole body listening	As directed at full effort Moderate to vigorous	Clean up No one leaves until dismissed by teacher!
M ovement	Limited, seated	As directed According to rules	Rapid clean up Treat equipment with care!
P articipation	Asking , answering, demonstrating, showing	Full effort at moderate to vigorous intensity	Everyone!
S uccess	comprehension	Fitness improvement Fun	Closure/reflection Skill improvement/mastery Leave on time

If you need to reach your teacher...

- **Coach Thomas:**
ThomaDa@richmond.k12.ga.us

**We have websites and
recommend that you check
them out daily to stay up to
date on what's happening in
our physical education class.
Go to:**

**Westside High School
Homepage**

Find the name of the coach

Locate the WAG for your class

**2023-24 LET'S HAVE A
GREAT YEAR!!!!**

