

PHYSICAL EDUCATION GRADES 5-8

For good health and hygiene, it is a requirement for 5th - 8th grade students to change clothes for Phy. Ed. class. Therefore, each student needs to have a t-shirt (that tucks in) and shorts (in good taste) that will be worn ONLY for Phy. Ed. Class. PLEASE LABEL ALL CLOTHES WITH FIRST INITIAL AND LAST NAME. Also, please be sure your child has socks and a pair of labeled gym shoes for class (NO HIKING BOOTS OR PLATFORM SHOES). We will be going outside throughout the school year. Therefore, students will need to have a sweatshirt and sweatpants for colder weather. PLEASE LABEL THESE ALSO.

Because there will be students from other schools during basketball and volleyball seasons, the students will be given a lock on the first day of school to use on their locker in the locker room. If this lock is not returned at the end of the school year, a \$6.00 fee will be charged for the replacement of the lock.

Students are required to bring their gym clothes home every other week for good hygiene.

STUDENTS MUST HAVE A WRITTEN NOTE FROM A PARENT/GUARDIAN TO BE EXCUSED FROM CLASS. IF A STUDENT NEEDS TO MISS CLASS FOR A LONG PERIOD OF TIME, A DOCTOR'S EXCUSE IS REQUIRED. WRITTEN PERMISSION IS THEN NEEDED FOR THE STUDENT TO RETURN TO CLASS.

All Phy. Ed. classes are on Wednesdays and Thursdays.

YOUR CHILD WILL NOT BE ALLOWED TO PARTICIPATE IN PHYSICAL EDUCATION CLASS OR EXTRACURRICULAR ACTIVITIES UNLESS THE BOTTOM PORTION IS FILLED OUT AND SIGNED BY A PARENT/GUARDIAN.

(PLEASE FILL OUT THE BOTTOM PORTION AND RETURN A.S.A.P.)

Student Name _____ Grade _____

Restrictions (Any conditions aggravated by physical activity)

None Health Condition – please explain _____

Permission to participate in these extracurricular activities:

Basketball Cheerleading Volleyball Track and Field
 Softball

I understand that the school and/or teacher/coach will not be held responsible for any unforeseen accidents or injuries suffered by my son/daughter. I also understand that our child is to be covered by a family health insurance policy and that the school does NOT carry such policies for sport programs. I also understand that before the child will be able to practice in extra curricular activities they must have an up-to-date physical or a note from a physician stating they are in good health to participate.

Parent/Guardian signature

Date