

## 2017-2018 School Year Expectations

1. INTRODUCE MYSELF AT THE DOOR (Welcome new students to JRE)
2. **WHEN ENTERING THE GYMNASIUM**
  - Quietly enter and exit at all times if possible. (If this is a problem, sometimes we will practice.)
  - Keep your hands and feet to yourself at all times.
  - Walk in and out of the gymnasium at all times if possible.
  - Do not pick equipment or touch equipment when you enter the gymnasium. I will tell you where to stand or sit.
  - This is your time during physical education, not mine, so it is your time that you waste, not mine.
3. **EXPLAN AND DEMONSTRATE HAND SIGNALS** (Actions speak louder than words. You do what I am doing and others should follow your example. This will take sometime to learn, but no much.) I will make mistakes in here. I may forget to tell or show you something, or I need your attention.
  - A. **ARMS STRAIGHT OUT AND FINGERS POINTING OUT**; Means I need a **LISTENING LINE**. Stand on the line I ask and give yourself enough room so that you are not touching the person next to you and you are quiet so you can hear directions.
  - B. **ARM AND HAND GO STRAIGHT UP IN THE AIR: MEANS "GIVE ME FIVE"**.
    1. EYES WATCHING
    2. EARS LISTENING
    3. MOUTH QUIET
    4. HANDS STILL
    5. BRAIN THINKING
  - D. **MUSIC**: when the music starts you may start, when the music stops I ask that you stop.
  - E. **WHISTLE**: when you here the whistle, simply stop.
4. **CONDUCT AND BEHAVIOR (YOU WILL ALWAYS START WITH A CLEAN SLATE)**
  - Worry about yourself and no one else. Just because 1 person did it doesn't mean you can do it.
  - You are responsible for your actions, words and behaviors. That means you and only you chose to do or say something to put yourself in a timeout or to lose your recess.
  - If you have a problem with someone, talk to him/her first. If that doesn't work come and see me.
  - I try to carry my cell phone. I will use it for emergency or to call home.
  - Treat others as you wish to be treated.
  - Dangerous, Destructive or Disruptive during class
5. **STOP, SIT, THINK AND CHOOSE: (MISBEHAVING)**

If you are having a bad day or you choose to do your own thing while in physical education class, or your not listening and following to directions or anything along those lines, I will ask you to stop, sit, and think and. That means sit and think about what you did wrong and how are you going to correct it. How long you sit depends on when you come up with a solution to your problem.

6. **LOOK AROUND THE GYM**

- It is a place to have fun
- Stay off the bars and the stage unless your thinking
- Please do not hang on the rim or net on low basketball hoop
- Show and explain bathroom procedures
- Posters are there for you to read

7. **TENNIS SHOES OR GYM SHOES**: these are the best things to wear.

- Bring your shoes and change into them here if you wish.
- Gym shoes are your books, wear or bring them to class.
- I have shoes here if you need a pair.
- Rubber soled shoes are fine, but no snow boots or hard soled shoes.

8. **CLOTHING**

- The best thing to wear is sweat pants or something like that.
- Ladies I do not recommend that you wear dresses or jewelry. (Jewelry for the boys also).
- In the winter wear layers.
- Bring hat and gloves because we do go outside sometimes.

9. **SAFETY TIPS**

- Do not bring books, pens, pencils or toys to class
- No gum or candy, you may choke and it is for your safety
- Treat others as you wish to be treated
- I expect each of you to listen and follow directions to the best of you ability
- Procedures for Fire and Tornado drills
- Please do not talk when I am talking
- No sliding at any time
- Explain blood born pathogens and procedures.

10. **GRADES**

- Your grades are earned in here. I do not give them to you.
- You will earn a grade in conduct and participation.
- Conduct is sportsmanship, cooperation, and social skills.
- Participation is skill development, following directions, and participation itself.

11. **DOCTORS NOTES AND PARENT NOTES**

- I will honor all doctor notes. However, if you bring me a note from your parents, I will honor that note. Keep in mind that if you are well enough to be in school, then you are well enough to participate to the best of you ability. If at anytime you need to sit out please feel free, but at least try.

12. **ASTHMA**

- If you have asthma, please make sure you have an inhaler here at a school that you can have access to.
- Use your inhaler before class if you have to or go and use it during class.

13. **PUBERTY**

This is for 4<sup>th</sup> and 5<sup>th</sup> graders. Brief statement about body odor and hormones. Bring in deodorant or a change of shirt.