Dear Parents,

The Physical Education Department wants to welcome you and your child to an exciting new year of Physical Education at Simpson Middle School, and to take this opportunity to familiarize you with our philosophies and expectations for the coming year. In order to fully understand ourselves and grow into our healthiest potential, movement must be incorporated into mental and social learning. Physical Education provides a perfect environment to address issues of self-esteem, motivation and respect for others’ rights and feelings. There is a connection to others in physical education; this environment can promote group interdependence and individual responsibility. Key-grading criteriawill be based on R.A.C.E.S.–

* Respect
* Attitude
* Collaboration
* Effort
* Safety

Assessment in Physical Education is done on the basis of skill, improvement, knowledge, attitude, cooperation, regular participation, and punctuality. In conjunction with this program, instruction will be given to sixth, seventh and eighth graders in the field of Health Education. All students will receive a combined grade for health instruction and physical education.

We believe that a successful classroom embodies these three standards:

* 1. Do not lie to yourself; do not let yourself slide by on mediocrity,
  2. Respect comes from honesty, honor and integrity, and
  3. If it does not spark humor, passion or caring, do not pass it on.

Lockers and locks

Lockers and locks are issued to students for use in physical education for their own protection. It is the responsibility of the student to learn the combination and keep it confidential. Students should report lost locks immediately! A fee of $5.00 will be charged for lost locks.

PE Attire Cost

Attire price: $8.75 (shirt $2.75; short $6.00).. Payments can be made with cash or checks. **Checks should be made out to Simpson Middle School for the exact amount.**

PE Requirements and Excused Absences

The Virginia Board of Education requires an instructional program of physical education which corresponds to the Standards of Accreditation (STANDARD: 8 VAC 20-131-80) for all students. A student may be excused from physical activity by a parent or guardian for no more than one week (3 consecutive classes) per quarter. A doctor’s note must be presented to the physical education teacher for any period beyond a week. The doctor will be requested to complete a checklist of appropriate activities that the student may take part in while recovering from the illness or injury. If a student cannot participate in a general physical education program, the student may be assessed for an adapted physical education program to meet the requirements set by the state.

***...continued on next page...***

# Attire Loaner System

A loaner system is available for students who occasionally forget their uniforms. Uniform rentals are Monday through Friday unless stated otherwise.

### Physical Education Expectations

1. Dress for each class: waistband of shorts at waist level, short length at fingertips, socks, athletic shoes with laces tied, jewelry is prohibited
2. Each student must present your teacher with a note from doctor or parent to be excused from physical education class
3. Any injuries sustained during class must be reported to the instructor immediately
4. Students must have permission to use equipment or to enter equipment area(s)
5. Promptness to class, follow directions and responsible behavior learning targets.
   * 1. Follow rules and safety procedures
     2. Use practice time to improve performance
     3. Exhibits fair play and act responsibly

Health Education Expectations

1. Show mastery of knowledge tests/quizzes
2. Aerosols, perfume, cologne, or deodorant sprays, and glass containers are prohibited
3. PE clothes and towels should go home on the last PE day of the week and be returned on the first day of school the following week
4. Complete projects/homework assignments on time
5. Bring required material to all classes

Special Note

* We will have classes outside in cold weather. We recommend students bring in sweat-like clothing (tops and pants) to be worn over PE uniforms on cold days.
* Even when reasonable safety precautions have been taken, there is always the possibility of bodily risk or injury during physical education activity.
* **Please visit our JL Simpson Physical Education website to view our grading rubric and state standards.**

## TURN IN TO YOUR PE TEACHER.

Fill out all the information below.

Please provide us with the information below, including a signature that you have read and understand the

Simpson’s Physical Education Rules and Regulations.

Please check a box:

* I will reference Simpson’s Physical Education Rules and Regulations online.
* I would like a copy of Simpson’s Physical Education Rules and Regulations.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Grade: 6 7 8
* Block: A1 A2 A3 A4 B5 B6 B7 B8
* Teacher: Mr. Lloyd (6th Grade) Mrs. Menard (6th and 7th Grade) Mr. Nole (7th Grade)

Ms. Hoeltzel (7th and 8th Grade) Mr. Carpenter (8th Grade)

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Best Contact Number or Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian2 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Best Contact Number or Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian2 Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you,

Health and Physical Education Department

J.L. Simpson Middle School

490 Evergreen Mill Road

Leesburg, VA 20175

(571) 252-2840

**……………………………………………………….Cut and Keep………………………………………………………**

Uniform Sales will be during PE Class beginning September 4, 2104

Please make check payable to: JLSMS

If you send cash, please send exact amount of $8.75

Bring money to PE class.