**Gym Contract**

Rules & Regulations

Junior High Students (Grades 6th – 8th )

**WHAT YOU WILL NEED:**

* Gym clothes:
  + Shorts, shirt, sneakers and socks must be worn. Sweatpants and sweatshirts are acceptable, no spandex shorts, or tank tops. Sneakers must be laced and tied. You are NOT allowed to wear sandals, slip-ons, or boots.

**GRADING SYSTEM:**

* Every student will begin each marking period with a 100% in gym. (Not each class)
* Ways to Lose Points in Gym Class:
  + **Not Being Prepared**
    - You ***MUST*** change for gym! It is not optional.
    - No gym clothes = loss of 2 points, *each time*
    - No gym shoes = loss of 2 points & writing assignment on a PE topic, *each time*

\*The assignment is expected to be a 5-paragraph summary from one of the articles given to you and MUST be turned in before the end of class.

* + - **Ex: No clothes AND shoes = a loss of 4 points**
  + **Participation** 
    - Active participation during any gym activity is a **MUST**, if you are not participating in the activity you will receive a loss of 2 points, for lack of participation.
  + **Sportsmanship** 
    - It is understood that all students practice mutual respect, proper language, and good sportsmanship throughout class and in the locker rooms. If you cannot display proper sportsmanlike conduct, then you will lose 2 points.

**\***Teacher may choose to pull unsportsmanlike student from class and provide them a writing assignment

* **POLICY ON BEING EXCUSED FROM GYM CLASS:**
  + You must have a legitimate reason for being unprepared for gym, you must have a note excusing you from class.

**RULES OF THE LOCKER ROOMS:**

* Change quickly. Get in and get out. The locker room is for changing, not socializing. Please be considerate of allergies and do **NOT** use spray deodorants or perfumes. Respect the locker room, vandalism will not be tolerated in the locker room.

Please Detach & Return

**I have read and understand the preceding Rules & Regulations for gym class set forth for my child.**

**Name of Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_**