



AQUINAS PHYSICAL EDUCATION POLICIES AND EXPECTATIONS

1. Students must wear a **STA Phys. Ed.** Uniform (including dress down days). The uniform consists of a McCarthy's grey t-shirt and McCarthy's black shorts. Students must wear sweat socks and non-marking athletic shoes for class. The uniform can be purchased from McCarthy's.
2. Students will meet in the change room, get changed and be ready to participate 5 minutes after the start of the class bell. The teacher will meet them in the change room and ask them to proceed to the gym or to the weight room.
3. If a student is late for class, change rooms will not be opened. They must change in the washroom. **STUDENTS CANNOT USE THE GYMNASIUM OR WEIGHTROOM TO CHANGE.**
4. **ABSOLUTELY NO JEWELLERY** is to be worn to class. Chewing gum, food and drinks are also banned from the gym.
5. **DO NOT BRING MONEY OR VALUABLES** (including cell phones) **INTO THE CHANGE ROOM.** Lock them in your locker. **ABSOLUTELY NO PHONES ALLOWED IN THE GYM AND CLASSROOMS.**
6. Label both your school and gym uniforms. The school is not responsible for lost or stolen items.
7. Deodorant is an absolute must and washing your gym clothes on the weekends is highly recommended. Students must remove their gym clothes and put on their school uniform at the end of the period.
8. Active participation is the key to success in any Phys. Ed. Course. **Lack of participation for any reason will be reflected in your final evaluation.** If a student ill, the student should inform the teacher of their level of wellness and complete activities agreed upon with the teacher.
9. If a student is unable to participate in class for a medical reason (illness, injury, surgery or a condition) a medical note is required.
10. The gym, playing fields, change rooms and outside facilities are classrooms. Appropriate classroom behavior and language are expected at all times.
11. Facilities and equipment are yours to use but are the property of others. They should be treated with respect. Please report any damaged or broken equipment to your teacher.
12. If you come to class, changed and on time every day, with a good attitude and try your best, you will be successful.

Parental Consent and Knowledge of the Course

I have read the above expectations as well as Aquinas Phys. Ed. Policies and Expectations on the previous page and read it over with my daughter/son.

Student's Name: _____ Student's Signature: _____

Parent/Guardian Signature: _____