Porter Ridge Middle Physical Education 2020-2021

**ALL STUDENTS ARE EXPECTED TO BE DRESSED FOR PHYSICAL EDUCATION​**

* Athletic shoes​ - No boots, flip-flops, boat shoes, or slip-on shoes.  Shoes must be laced up and tied for support.
* **Please bring a water bottle.  Please bring inhalers, and appropriate supplies for students with medical issues.**
* **No** dresses or skirts.  Wear loose fitting jeans, sweatpants, or shorts, and a t-shirt.
* Students will **NOT**be allowed in locker rooms.
* Cold weather - students may wear sweatshirts. Please help your child prepare for cool weather days.

**ALL STUDENTS ARE EXPECTED TO PARTICIPATE EVERY DAY**

* Exception: Doctor’s notes, parental notes--up to two, or Physical Education teacher’s consent.  Non-participation for extended medical reasons will require a doctor’s note to resume participation.

**Face-to-Face Expectations**

* Be Safe/Be Respectful
* Food, drinks (other than water), are not allowed in the gym.
* When sitting on their floor spot, students are to quietly sit facing forward.
* Students should wear athletic shoes at all times during physical activity.
* Students should not use any PE equipment unless given permission by an instructor.

**Virtual Expectations**

* Be Safe/Be Respectful
* Personal information or pictures should not be shared online.  Video cameras are to be used for school appropriate lessons only.
* Be dressed appropriately for meetings, according to school dress code policy.
* Use appropriate language during assignments
* Complete all assignments by the due dates
* Complete exercise activity logs daily and turn in on Fridays.