**Porter Ridge Middle Physical Education 2021-2022**

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

* Athletic shoes​ - No boots, flip-flops, boat shoes, or slip-on shoes.  Shoes must be laced up and tied for support.
* P.E. uniform shirt and shorts should be worn.  Sweatpants may be worn instead of shorts.
* **Please bring a water bottle.  Please bring inhalers and appropriate supplies if a student has a medical issue.**
* Wear an appropriate t-shirt and shorts/sweatpants if waiting for PE clothing to become available for purchase.
* Students will be allowed in locker rooms to dress out.  Please bring P.E. clothing in a draw string bag.  Book bags will not be allowed in locker rooms.
* Cold weather - students may wear sweatshirts and/or sweatpants.  The P.E. shirt should be worn under the sweatshirt, but shorts do not have to be worn under the sweatpants.  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.

**LOCKER ROOMS**

* Lockers will be available for student use during class time only.  Locks are strongly suggested!!!  P.E. teachers are **NOT** responsible for stolen items.  THE BEST PLACE FOR VALUABLES IS AT HOME.  Locks must be removed from the lockers at the end of each period.   **No food, perfumes, phone use, or glass water bottles allowed in the locker rooms.**  Thank you!

**GYM 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 sit quietly 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.