

Basic P.E. Rules

1. Students are **NOT** to grab/hang on the nets or the rims on the basketball hoop. Dunking **IS** allowed.
2. Students not participating are to sit in structure facing the wall and complete a physical education packet.
3. Students are not to touch the wall or mats in the gym unless given permission for activity or stretching.
4. Students are **not to sit at any time during P.E.** Once finished with exercise, stretch or activity they are to stand up or remain standing (On-Shift who are watching P.E. may sit).
5. Students are to remove all jewelry including watches prior to participating in P.E. excluding room leaders/PELs.
6. Bleachers are not to be pulled out unless permission is given by P.E. teacher.
7. Students are to wear shirt, socks, and pants/shorts for P.E. class. Students are not to remove their shirts without permission from the Physical Education Staff, **(DO NOT ASK)** colored pennies will be used for teams.
8. Totes with clothes and shoes will be kept out of the way **as close the wall as possible.**

9. Students will bring water bottles to class everyday and fill them up and place them in a line out of the way **before stretching begins.**
10. Students who have special stretches from their doctor or physical therapist must complete them immediately after they finish the regular stretches with their family.
11. Students must wear tennis shoes during P.E. If a student does not have shoes they may walk instead of run, but must participate in all other portions of the fitness workout.
12. **DO NOT ASK TO GET DRINKS, USE THE BATHROOM, BLOW YOUR NOSE OR TO STOP AND STRETCH. DRINKS WILL BE GIVEN WHEN THEY ARE NEEDED.**
13. **DO NOT ASK ABOUT THE DAYS AGENDA! (WHAT ARE WE DOING TODAY? ARE WE PLAYING BASKETBALL? ECT.)**
14. **All students may get drinks as needed during activity time (basketball, volleyball, ect.)**