



Lisgar M.S.

The Pride of the Lions

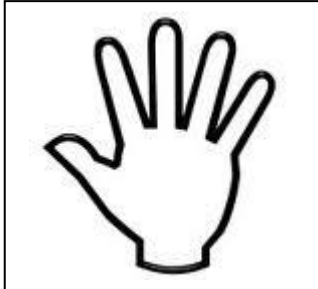
PHYSICAL EDUCATION, HEALTH, AND DANCE EXPECTATIONS

2019/2020

The Physical Education, intramural, and extra-curricular programs at Lisgar offer students a variety of experiences. There are many school teams (e.g., badminton) and intramural programs (e.g., Roller Skating) that are available for **all** students. The following expectations are designed to ensure student's safety and enjoyment in all activities.

- **Students must show readiness for Physical Education class that includes:**
 - Gym clothes that include a T-shirt, shorts (or sweat pants), and socks. Lisgar spirit wear (T-shirt and shorts) will be made available to purchase and use for Physical Education class within the first week of school.
 - Running shoes that must be properly laced and tied at all times. Only non-marking shoes will be allowed. No running shoes means no participation.
 - Lisgar has a non-scent policy. We discourage students from bringing hand creams, antibacterial lotion, cologne, and spray deodorant.
 - UVA/UVB sunscreen lotion for any outdoor activities.
 - Appropriate outdoor attire for any weather condition that may require a change to regular gym clothes (example: colder weather in the fall would require a long sleeved shirt).
 - For safety reasons, jewelry, watches and hoop earrings are not to be worn in gym class.
 - Students are responsible for their own possessions. Please leave all valuables (e.g., phones, wallets, cash, jewelry, watches) in your lockers and NOT in the change room.
- In the event that your child may need accommodations for faith or medical reasons, please speak to us so we can best support your child.
- If students have difficulty with the expectations communication with home will occur as well as non-participation in the activity with an alternate activity provided.

At Lisgar, the Physical Education, Health, and Dance Program will evaluate students in the following ways; we like to call it our HIGH FIVE:



HIGH FIVE

BE INVOLVED:

- Be dressed for gym
- Participate in the warm-up
- Put effort into all activities

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BE A TEAMMATE:

- Listen to instructions
- Encourage others
- Respect others' ability
- Give advice and take feedback
- Communicate with teammates

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BE SKILLFUL:

- Listen to instruction about the skill being taught
- Practice the skill being taught in an activity
 - Want to improve the skill being taught
 - Don't give up

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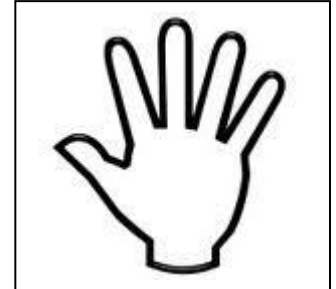
BE GAME SMART:

- Listen to instruction about any strategies and tactics to use in an activity
 - Use strategies and tactics to gain advantage in an activity
 - Communicate with others when playing an activity
 - Follow the rules of an activity
 - Show sportsmanship

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BE SAFE:

- Respect all equipment
 - Respect others
- Follow any instructions to allow for everyone's safety



HIGH FIVE

