



Fair Lawn Public Schools
Middle School Physical Education
"Commit to be fit!"

Procedures & Expectations 2023-2024

Revised June 2012

Proper Physical Education Attire

Sneakers: Students must wear sneakers during physical education classes. Sneakers must be secured to student's feet in a manner by which they will not fall off while participating in PE. Sneakers should have good traction and support. No part of the student's foot should be showing. **NOT PERMITTED:** sneakers without backs, shoes without tongues, platforms, shoes, boots, crocs, heely's, slides, flip flops, sandals, etc. The PE teacher reserves the right to determine if a student's footwear is safe to wear during physical education class. A student without the proper safe footwear will not be allowed to participate in PE.

Clothing: Students must follow the district dress code. Students must wear clothing that provides mobility during activities. Their pants must not touch the floor and sleeves must not extend beyond the wrists. Hats are not permitted as per the dress code. Appropriate attire includes elastic waist shorts, (no cut offs), t-shirts, warm up outfits, sweatpants/sweatshirts for cool weather, and athletic socks. Students in grade 5 & 6 must wear appropriate clothes for PE to school. Students in grade 7 and 8 will have the option to change prior to and after PE class.

Jewelry: Students are not permitted to wear jewelry during physical education activities other than in the ears or tongue. Only post/stud earrings may be worn (no dangling or loop earrings) in the ears. Bracelets, friendship bracelets, necklaces, and other types of jewelry are not permitted. If a student removes jewelry before class in order to participate, that jewelry is his or her responsibility. Neither the school nor any school employee shall be responsible if that jewelry is lost or damaged.

Eyeglasses: We strongly advise that students wear shatterproof glasses or safety goggles on gym days. It is the parents' responsibility to make sure that a child's eyewear is safe. A physical education teacher may request that a student take off glasses during PE class if they feel that the glasses are not safe.

Students who refuse to follow any rules listed above may be asked by the physical education teacher to sit out of the activity. The grade of a student who does not participate and/or dress may be affected per the school's physical education grading procedures.

Medical Excuses

When a **parent** sends a note requesting a student be excused from physical education, the student may be excused for a maximum of two days per marking period. Students should share the parent's note with the physical education teacher and follow directions from the teacher. Unless it is an emergency, a student should see the teacher before going to the nurse for a medical reason.

A student may be excused from physical education upon receipt of a **physician's** note. The note must be shared only with the school nurse and must state the diagnosis and time period he or she is to be excused.

When medically excused from a physical activity, the physical education teacher may assign alternative work, such as a reading, writing, or research, to enable a student to earn credit for the class.



Injuries Without Documentation

Students who come to school with obvious injuries but no documentation of medical attention will be evaluated by the certified school nurse. Parents may be notified and the student excluded from PE at the certified school nurse's discretion. Students with casts, crutches, walkers, canes and immobile will not be admitted without a physician's documentation. Students with these appliances will be assessed by the certified school nurse as to safety and proper use of equipment.

Locker Room Procedures

Middle school students are to report to the locker room as directed by your physical education teacher. Proper and safe behavior is expected at all times. Students who act improperly or unsafely in the locker room are subject to disciplinary action as per the school policy. Students with guidance appointments should dress for class and report to their physical education teacher before going to guidance.

After dressing for physical education, each student should place their street clothes and valuables in a locked locker. Lockers must be locked at all times. Students should not leave their clothes or valuables in an unlocked locker or on the bench near their locker.

If the school permits or requires a student to use his or her personal lock, it must be removed from the locker at the end of the physical education period. Any personal lock left in a locker room after the period is over room may be removed by the custodial staff.

Outdoor PE

The building principal will be responsible for deciding if PE classes may be held outside, with regard to the weather.

Fitness Assessments

The Fair Lawn Public Schools PE Program utilizes fitness assessments to promote the development of healthy physical fitness in our students. The assessments includes a variety of health-related physical fitness tests that assess aerobic capacity; muscular strength, muscular endurance, and flexibility; and body composition. Scores from these assessments are compared to healthy fitness standards to determine students' overall physical fitness and suggest areas for improvement when appropriate. Data collected is kept private and does not affect a student's grade in physical education.

Grading Procedures in Physical Education

A detailed grading procedure will be provided to students and parents by the physical education teacher.

Inquiries

These rules and procedures have been developed to provide for your child's hygiene and safety and for the safety of all children in the class. If you have any questions or concerns about these rules, please speak to your child's physical education teacher. Further inquiries should be directed to the principal or the K-8 physical education / health supervisor.

**The information on this sheet is subject to change.*
