Mr. Cambruzzi Mr. Gerspach Ms. Williams

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Dear Students and Guardians,

For the safety and security of all students, the Crestdale Health and Physical Education staff have incorporated the following rules and standards for all students. All students are required to take, and pass, health and physical education in all grades.

1. **Dress** - Students are required to dress out for Physical Education and Health. IN ORDER TO RECEIVE FULL CREDIT FOR PE/HEALTH, STUDENTS MUST WEAR THE **CRESTDALE PE UNIFORM**, which can be purchased on the PTO website. Full uniforms are $20, and $10 for individual shirts or shorts, Sweatpants are optional and are $15. We would prefer that all uniforms be purchased online! If you cannot afford the Crestdale PE uniform, please let your teacher know discretely **in writing**, as soon as possible, and ONE will be provided. On occasion students will be required to go outside, we encourage them to wear appropriate clothing as temperatures dictate, as well as shoes which may get dirty.
2. **Shoes**- students are required to wear athletic shoes, *tied tightly at the discretion of the teachers* at ALL TIMES. Students will lose points if their shoes are not properly tied.
3. **Absolutely *no gum***isallowed in the gymnasium. (Students who have gum in class may have point deductions)
4. **Excuses** - Physical Education is a required course for all students. If a student must be excused from an activity for one day, a note from a parent will be sufficient; however, he/she will still dress out for class. Select activities missed will require a make-up. **In order to be excused from physical activity for two or more days a doctor’s note will be required.**

Supplies needed: PERSONAL COMBINATION LOCK, Band-aids, Sandwich bags for ice, Clorox Wipes, Hand Sanitizer

In **Physical Education**, students will cover a variety of topics. In physical education students will a wide variety of fundamental skills related to the following sports, football, volleyball, ultimate, Frisbee, scooter hockey, basketball, ping pong, bowling, badmitton/pickleball, amongst others. Students will also have daily fitness during class activities.

In **Health** students will cover different topics based on their grade levels. Our major focuses are listed by grade level, however other topics will be covered.

6th grade: Nutrition

7th grade: DARE and Bullying Prevention

8th grade: CPR and Fat Boy Chronicles

**General Rules of Physical Education**:

R: Respect teachers, other students, facilities and equipment at all times

U: untie and re-tie your shoes tightly in the locker room before every class

L: Listen to all instructions, and safety procedures, no horseplay

E: Ensure that you have all of your necessities for class, PE uniform, pen/pencil and paper

E: Ensure that all injuries are reported WHEN they happen!

S: Safeguard all valuables, in a locked locker.

**Any and all Health Related Issues** should be listed below. As a reminder, in Health and Physical Education class, students participate in physical activities so teachers need to be informed in order to take precautions to maintain a safe and healthy learning environment. *Please print neatly on the reverse of the page as needed*

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Parent/Guardian Signature Daytime Phone # Student Signature

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Parent/Guardian Printed Name Student Printed Name

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