



THE INTERNATIONAL SCHOOL ABERDEEN

Every Child. Every Opportunity.

Physical Education Grades 6-10

Absenteeism and Excuse Notes:

Grade Level: ALL STUDENTS

- (a) A student who does not participate in a minimum of 66% of the scheduled classes each quarter will not receive credit for this class.
- (b) **A written excuse from a parent/guardian** must accompany any student that wishes to be excused from class participation. Students without their P.E. clothes will not participate in P.E. that day.
- (c) Students are encouraged to shower after every P.E. class. Please note that **spray deodorants may not be used** at any time in the changing room.
- (d) **Mobile phones may not be used in the changing room.** This rule will be strictly enforced and the student will have their phone taken away until their parents have been notified of the violation.

Class Requirements and Units of Instruction:

- (a) Each student is expected to put forth their best effort each class.
- (b) Each student will be exposed to both team and individual sports.
- (c) Each student will respect all members of their class.
- (d) Each student is encouraged to try new and challenging activities.
- (e) Each student should have a spare set of P.E. clothes in their locker.

Uniform Requirement:

Grade Level: ALL STUDENTS

Students must bring ALL of the listed items to EVERY class. These items must be carried in a bag that can be zipped/buttoned shut. Plastic shopping bags are not acceptable.

Belongings are not allowed to remain in the changing rooms after class. They should be carried away with the student daily.

- (a) Indoor shoes – Sneakers/tennis/trainers with non-marking soles
- (b) Outdoor shoes – Cleats/Soccer shoes are optional
- (c) Sports/Athletic socks
- (d) Sports/Athletic shirt/shorts
- (e) Water bottle

Health:

Grade Level: 9

Students will receive 0.5 credit for successful participation in Health class. This class will provide students with the tools to make educated choices regarding their personal health and safety for the future. There will be class discussions, short research projects and prompting for family discussion or participation on related topics.

After School Activities:

Grade Level: ALL LEVELS

Students participating in after school sports/activities must be picked up promptly when the activity is scheduled to finish. It is not acceptable for unsupervised students to remain at the gym or arrive early to watch activities they are not participating in, including those of siblings. Please note that Middle School students need to be in a scheduled afterschool activity if they decide to stay after school. Students are not allowed to use any gym or pitch at any time unless there is a teacher supervising.

Thank you for your cooperation. We look forward to another successful year.

**Mark DeGraw, Athletic Director
James Cooper, PE Teacher**

Please sign and return to your child's P.E. teacher.

Students name: _____

Parent Signature: _____