**Eastern Middle School Physical Education Guidelines**

**Health/PE Staff**

**Mr. Bergen Mrs. Hardy Mr. Simpson**

[**bergenr@gcsnc.com**](mailto:bergenr@gcsnc.com)[**hardyc@gcsnc.com**](mailto:hardyc@gcsnc.com) **[simpsos3@gcsnc.com](mailto:simpsos3@gcsnc.com)**

1. **Proper Dress Required (20% of PE Grade)**
   1. All students **are expected to be dressed for pe** (athletic shorts, sweatpants, tee-shirt or sweatshirt) or they will be counted as not dressed for class. **\*\*\*shirts must have sleeves\*\*\*\* NO TANK TOPS**
   2. Sneakers
   3. Deodorant optional (NO GLASS OR SPRAY)
   4. Student will be issued a lock and locker for PE
2. **Class Participation/Medical Excuses**
   1. All students are required to fully participate when in attendance
   2. The parent may only excuse the student for up to 2 consecutive classes per 9 weeks, then a medical release signed by a physician would be needed for excused non-participation
3. **Grading System**
   1. ***Physical Education***
      1. Dress 20%
      2. Sportsmanship 20%
      3. Participation 60%
   2. ***Health***
      1. Prepared 20% (pencil, paper, etc)
      2. Rules 20%
      3. Participation/Classwork 60%

**Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Medical concerns**

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**Eastern Guilford Athletics**

**(6th graders are not allowed to play football)**

**Must have current physical (within 1 year) in order to try out for specific sports team**

**Guilford Orthopedics 336-275-3325 (1915 Lendew St, Greensboro, NC)**

**Cheerleading TBD**

**Football August 27**

**Boys Soccer August 28**

**Girls Volleyball August 28**

**Girls Soccer October 8**

**Boys Volleyball October 8**

**Basketball November 13**

**Wrestling November 13**

**Baseball/Softball February 25**

**Track February 25**

**Golf February 25**

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