

LOWER DAUPHIN MIDDLE SCHOOL

PHYSICAL EDUCATION POLICIES AND EXPECTATIONS

- 1. The required physical education uniform include athletic shoes, shorts with at least a 6” inseam, socks, and a Lower Dauphin T-shirt.**
- 2. Spandex shorts or pants are not acceptable as physical education attire.**
- 3. If any piece of the required uniform is missing it is considered a non-dress.**
 - a. Cutoffs, hats, bandanas, and inappropriate shoes will not be allowed.**
 - b. Students will not be allowed to wear school issued athletic equipment.**
 - c. No sagging pants, no showing midriff, no cargo, denim, or boxer shorts.**
 - d. No phones, headphones, in the locker room or the gym unless specified by the teacher prior to class.**
- 4. No cell phone use in the locker room or gym area will be allowed.**
- 5. Inappropriate language and use of profanity or vulgarity is not acceptable in the school environment.**
- 6. Students will promote a safe and respectful environment by keeping their hands and feet to themselves.**
- 7. Lockers are provided for in-class use. You must provide your own lock and take any and all materials after class is over.**
- 8. LOST AND FOUND: Items can be located in the boys’ and girls’ locker room area or the general lost and found area near the school store. Unclaimed items are donated to charity at the end of each marking period after a lunch period re-claim opportunity.**
- 9. All school rules also apply to the gymnasium. Please refer to the student handbook.**

Grading Overview:

Grades will be determined based upon the following:

- 1. Participation in all activities in class**
- 2. Skill Evaluation on current unit of study**
- 3. Understanding of rules and displaying appropriate sportsmanship**
- 4. Written evaluation of skills and strategies.**

MEDICAL EXCUSES AND PARENTAL EXCUSES:

Parental excuses are accepted and rejected at the discretion of the instructor and/or school nurse. Students will dress and participation will be modified. Excuses for three or more days must be from a physician. In the event of injury or such that requires a physician's note, that note will be honored until the date specified. If the child wishes to return to participation earlier, there must be a written note from the physician acknowledging that the student may return to full participation. Physician's notes that give specific alternative activities while unable to participate are highly recommended and appreciated so that the student may be involved in alternative activities.

CONTACTING TEACHERS

The Physical Education Department may be contacted as such: Please call the main office at (717) 566-5310 and they can reach the extension of the teacher. Email is the suggested method of contact.

Teacher	Email Address	Phone Ext.
Patricia Achenbach	pachenbach@ldsd.org	3811
Nicholas Amici	namici@ldsd.org	3605
David Gourley	dgourley@ldsd.org	3810
Jennifer Kastelic	jkastelic@ldsd.org	3320
Michael Masorti	mmasorti@ldsd.org	3602

PLEASE RETURN THE COMPLETED FORM TO YOUR STUDENT'S PE TEACHER

My child received and understands the Physical Education Guidelines:

Parent/Guardian Signature

Student Signature

