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|  | **Entering and exiting the locker rooms** | | **Inclement Weather/Gym Days** | | | **Cardio Days** | | **Activity Days** |
| **Be Safe** | Enter and exit using the side and front doors. Keep all items organized and out of the walkways. Throw trash away and pick up after yourself. No horseplay! | | Use equipment as intended and when instructed by a teacher to do so. Always listen to and follow all P.E. teachers’ instruction. | | | Wear comfortable and proper clothing as well a lace up tennis shoe. Properly and thoroughly stretch before beginning cardio. Use the track and the running lanes as the running route. | | Use equipment as it is intended and only when instructed to do so. Be mindful of the construction and workers. Do not bring or use your cell phone during activity. No horseplay! |
| **Be Responsible** | Be on time to class. Be prepared with athletic attire, tennis shoes, and cold gear if needed. Be responsible for all personal belongings by locking them up or by keeping them in a secure place. Remain in the designated PE areas until the bell rings or you are dismissed. | | Follow instructions and be prepared for activity. Stay inside the gym until dismissed. Use the restroom in locker rooms before or after class. | | | Be prepared in proper athletic attire and tennis shoes. Check in with your teacher on each lap. | | Come to class prepared with a great attitude and ready to participate in whatever is on the day’s agenda. Use the restrooms before or after class. |
| **Be Respectful** | Use appropriate language at an acceptable volume. Be mindful of others around you and respect their personal space. Take care of all facilities within the locker rooms. | | Use appropriate language and practice good sportsmanship, at all times. Respect the equipment and facilities. | | | Walk in the outside lanes of the track saving lanes 1 and 2 for the runners. Do not bother other teacher making inappropriate, rude or unnecessary comments. | | Respect the equipment, facilities, staff and classmates. Be only encouraging, never discouraging. |
| **Be Resilient** | Speak up when you witness misconduct and/or accidents. | | Encourage classmates to cooperatively participate and have fun! | | | Motivate yourself to try your best. Get better each day! | | Practice perfect effort and perfect attitude. |
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