A Day in Mr. Spicer’s PE Class

1. Take roll on Mr. Spicer’s designated numbers.
2. Go to locker rooms and dress for PE. Return to numbers and be seated, waiting for Mr. Spicer to return to start class.
3. Warm Up (Static or Dynamic)
4. Fitness Activities (Push Ups, Squats, Lunges, Dips, High Knee/Elbow Crossovers, Jumping Jacks, Half Jacks, Ice Skaters, etc.)
5. Timed Run/Walk.
6. PE activity for the day (Sport, Fitness Circuit, Boot Camp, Mile Run, Fitness Testing)
7. Return to locker room to change back into school clothes.

Each day of class is worth 10 Points (With the exception of Mile Run Days which are worth 25 Points). The following is the break down of a 10 point day:

Dress for PE = 1 Point

Warm Up = 1 Point

Fitness Activities = 1 Point

Timed Run/Walk = 2 Points

Class Activity = 5 Points

* Students are expected to follow the rules that are given to them by Mr. Spicer. Failure To Follow Class Directions will result in a 1 point deduction for each violation of class rules. (Example: failure to return and sit on roll number after dressing for PE.)
* Students can lose a point/points for poor sportsmanship, which can include cheating during an activity, verbally abusing other players/teammates/classmates, swearing, abusing/misuse of PE equipment, etc.
* It is important for students to follow the PE area guidelines that are given to them. A student may not leave class without permission from Mr. Spicer. Each locker room is equipped with a bathroom. Students may not leave the PE area to use the other bathrooms on campus unless given permission by Mr. Spicer.
* Students are expected to dress for PE in suitable clothing that is appropriate for physical activity. Students do not have to purchase our Magnolia PE clothing, but need to wear shorts, t-shirt, (sweats during colder weather), athletic shoes. If a student chooses to use their own clothes for PE, it needs to be designated for PE use and have their name visibly written on them so we can identify students/help return clothes when left out in the locker room. Any clothes/shoes/items found in the locker room will be placed in the lost and found.
* Crocs/sandals/slides will not be used as footwear during PE class. Although Crocs and sandals are allowed to be worn to school, they are not conducive to physical activity.
* Hoods will not be worn during PE class.
* Cell phones do not need to be brought out to PE class. Each student will be issued a locker in the locker rooms. Cell phones should be locked up in the student’s locker when they go in to change for PE. If a phone is brought out to PE class, it will be taken. (As the year progresses, Mr. Spicer will offer Mile Run Music Days, in which case, a student will be able to bring their phone and headphones out to listen to music during their Mile Run)
* No headphones of any kind will be worn during PE class. Do not wear them to class or during class. They will be taken.