**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. Immediately 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, ½, ¾, Mile Run, Fitness Testing)
7. Return to locker room to change back into school clothes.

Each da of class is worth 10 points (with the exception of ½, ¾, Mile Run days which are worth 15, 20, 25 points). The following is a 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 dress for PE)
* Students can lose a point/points for pool sportsmanship, which can include the following: 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. The first week of school, students will be shown the areas that they need to stay within during PE. A student may not leave class without permission from Mr. Spicer. Each locker room is equipped with a bathroom which can easily be used at the beginning of class while dressing for PE or at the end of class when dressing back into their school clothes. Students may not leave the PE area to use the other bathrooms on campus unless given permission by Mr. Spicer. A student who leaves class/PE area without permission will be sent to the office.
* 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), and 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 in the locker rooms.
* 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. (Slides are dress code violation at school so they should not be worn to school). Students who wear Crocs or Sandals to PE will not be allowed to participate.
* Hoods are not to be worn while at school and will not be worn during PE class.
* Facial piercings, although allowed at school, need to be taken out during PE class. Students will not be allowed to participate in PE with facial piercings.
* Cell phones do not need to be brought out to PE class. (See school policy on cell phones; out of sight and off during school hours) 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. They will be taken.