**Physical Education Website:**

**Siegel Middle Homepage 🡪 Search the directory for Coach Manderfeld or Coach McCutchen 🡪 click to view PE webpage 🡪 click “SUBSCRIBE”**

Subscribing to our page will allow update alerts to be sent to your email. This will help inform you of changes or upcoming tests and turn in days. You may visit our website to review class expectations as well as download the rules sheet and a copy of the Fitness Log. Contact information and other helpful links are also available here.

**Dress:**

Students may bring their own clothing to wear for a PE uniform as long as they are Siegel colors and meet the school dress code. Uniforms must meet the school dress code requirements. (ie: no tank tops, low cut shirts or cut out sleeves, no cut-off or rolled up shorts, etc.).

\* NOTE: Leggings are not permitted at all for PE class, but sweatpants/track pants are acceptable. \*

While in class, students are also expected to wear gym shoes with rubber soles. Running, basketball, and cross training shoes are good examples. Crocs, Chacos, Sperrys, slides, flip flops, heels, boots, etc. are not permitted. If a student does not have the proper attire (including clothes and/or shoes) they are still expected to participate.

The best way to bring these items to class is in a plastic grocery bag since backpacks and drawstring bags are not allowed during the school day. Jewelry is not permitted if it will interfere with the performance and/or safety of the student or those around him/her. Students are expected to follow these dress expectations, as it is a part of their participation grade.

**Supplies:**

Composition book; pen or pencil; PE uniform; appropriate shoes; deodorant (no sprays)

**Grading:**

40% - based skill *improvement,* writing test(s), their daily composition writings and Fitness Log.

60% - based on dressing out, participation and effort (Daily grade).

* 4 points given daily: 1 point for proper dress & 3 points effort and participation
  + (3 will be given for full effort and participation; 2 points will be given for little effort and participation, and 1 point for no effort or participation.)

**Locker room expectations:**

Students will be given 5 minutes to dress out both before and after class. The lockers are used by each class daily; they are not issued. Therefore, it is important to take all personal belongings after each class. Bathroom stalls are not for changing. Spray deodorants and perfumes are not permitted.

**Parent notes/Doctors notes:**

If a student is to sit out of PE for any reason, a note must be provided. If note is provided by the parent/guardian the student must still dress out and the note it is only good for up to two days. If the note is provided by a doctor, the student does not have to dress out and the Coaches will follow the doctor’s recommendations.