

Saint Joseph's School  
Ms. Frosch's Physical Education Class Regulations

1. Respect, good behavior, and cooperation are vital to the physical education program. Exhibit good sportsmanship at all times!
2. A note is required to excuse any child from gym class.
3. If a child is out for an injury, they must have a note from the doctor stating they can come back to gym class. They will NOT be allowed to play until they have that note.
4. Be respectful to your fellow classmates and keep your hands and feet to yourself at all times.
5. Do not touch any equipment unless you have the teacher's permission
6. Do not speak out. Raise your hand and wait to be called upon
7. No gum, candy, or cough drops of any kind permitted in gym.
8. Never leave the gym area unless you have the teacher's permission
9. Poor sportsmanship will not be tolerated in gym class.
10. Bad language is never to be used anywhere in, on, or near school grounds as well as in gym class.
11. Sneakers, properly tied to the top is a requirement at all times, as well as school gym uniforms. Do not wear any other type of shoe other than sneakers on gym days. Proper gym uniform must be worn on gym days at all times!
12. Most important.....HAVE FUN 😊😊😊

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Physical Education Rubric

1. Preparation

Appropriate Attire for Physical Education Class

- \_\_\_\_\_ Proper Gym shirt
- \_\_\_\_\_ Proper Gym shorts or pants
- \_\_\_\_\_ Sneakers

2. Behavior

Respect Teacher and Fellow Classmates

- \_\_\_\_\_ Encourage Others
- \_\_\_\_\_ No Name Calling
- \_\_\_\_\_ Do not Judge Others
- \_\_\_\_\_ No Foul Language/Gestures
- \_\_\_\_\_ No Calling Out
- \_\_\_\_\_ No Put Downs
- \_\_\_\_\_ Listen to Instructor
- \_\_\_\_\_ Other-\_\_\_\_\_

3. Sportsmanship

- \_\_\_\_\_ Include Others
- \_\_\_\_\_ Help Others
- \_\_\_\_\_ Play Fair
- \_\_\_\_\_ Respects opposing Team
- \_\_\_\_\_ Keeping Hands to yourself
- \_\_\_\_\_ No Cheating
- \_\_\_\_\_ No Fighting
- \_\_\_\_\_ No Accusing
- \_\_\_\_\_ Do not fake Injuries
- \_\_\_\_\_ Follow Directions/Rules
- \_\_\_\_\_ No Cheap Shots
- \_\_\_\_\_ Other-\_\_\_\_\_

4. Effort

- \_\_\_\_\_ Participation
- \_\_\_\_\_ No Quitting
- \_\_\_\_\_ Try Your Best
- \_\_\_\_\_ Respects opposing Team
- \_\_\_\_\_ Other-\_\_\_\_\_

5. Attitude

- \_\_\_\_\_ Be A Good Sport (Winner/Loser)
- \_\_\_\_\_ No Complaining
- \_\_\_\_\_ Have Fun
- \_\_\_\_\_ No Pouting/Crying
- \_\_\_\_\_ Be Positive
- \_\_\_\_\_ Other-\_\_\_\_\_

