

## P.E. Guidelines

Grades 4-8

**Grades:** P.E. grades are based on preparation and participation. Come to class prepared with Saint Mary School P.E. t-shirt, shorts and athletic shoes. Failure to “dress out” in the proper attire will result in a loss of points for that day **and** the student will walk laps instead of participating in the class activity. Failure to continuously come unprepared will result in loss of points each day **and a discipline report**. Sports uniforms are not permitted as substitutes for P.E. uniforms.

Each student is expected to participate in all P.E. activities. If a student has a medical reason he/she cannot participate, Mrs. Abel needs a note from the student’s doctor. Feel free to email Mrs. Abel ([serra.abel@saintmaryschool.net](mailto:serra.abel@saintmaryschool.net)) with any P.E. related issues.

**Sportsmanship:** At Saint Mary School, we walk, hop, skip, throw, run, catch, roll, kick, chase, bat etc., **with JESUS**. Students who cannot control their temper or play by the rules will be asked to leave the activity. Continuous problems in this area will result in disciplinary action.