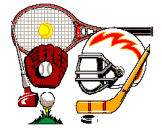




Holmes Middle School Physical Education

7th Grade Class Information



Mr. Olschanski (Coach "O")

Email: tolschan2@livoniapublicschools.org

Activities: Badminton, Basketball, Disc Golf, Floor hockey, Fitness Testing, Lacrosse, Soccer, Softball, Spikeball, Team handball, Track, Ultimate Frisbee, Volleyball, and others.

Others: Basic Water Safety, Fitness Education, Leave No Trace, and Character Matter Traits.

Important Class Routine

1. Enter and exit from appropriate doors.
2. Be on time and prepared for class.
3. Follow directions the first time they are given.
4. Ask to get a drink, use the restroom, or leave the gym for any reason.
5. Only use equipment appropriately and when given permission to do so.
6. Practice appropriate behavior.

Participation Grade

5 points are given for each day. Deductions are made for the following:

- Not Changed for class - 5 points
- Behavioral issues - 5 points
- Not Following Directions - 3 points
- Wrong colored t-shirt - 2 points
- Unexcused Tardy to Class - 2 points

Performance Grade

Effort = 40%

Skill = 20%

Fitness = 20%

Quizzes = 20%



Excuse From Participation:

- Students are expected to participate in every Physical Education class unless they have a written medical excuse from a parent or doctor.
- If you are sick, please let the teacher know.
- If you are injured during class, let the teacher know immediately.

Physical Education Clothes:

- You must change from street clothes into your PE clothes on days we meet in the gym.
 1. White or Light Grey T-shirt - with your last name on the back, large enough to read. (Use a sharpie, tape, etc).
 2. Shorts - Basketball or Soccer. Athletic pants (yoga), School Appropriate!!!
 3. Sweat shirts or light jacket are acceptable during cold weather.
 4. Athletic shoes - clean, tied, no slip-ons, no black soles that leave marks.
 5. Socks - a clean pair of socks.
 6. Keep hair out of your eyes.
 7. Please do not wear jewelry during PE activity. (No watches, necklaces, ear rings, etc.)
 8. Gym clothes should be taken home and washed every Friday.

Other Important Information:

- We will be in the East Gym, except for two weeks we will use the west gym.
- Water bottles, please put name on them.
- Please stay off the bleachers, no climbing or sitting on them unless told to do so.
- Vending machine.
- Outside doors and strangers.

Locker Room Procedures:

- You will be issued a locker with a built in combination in the locker room. Do not share it or give out your combination.
- Lockers and locks are school property, and should be treated as such.
- Keep your clothes in your assigned locker.
- All your belongings should be appropriately locked up during and after PE class.
- No Cell Phone use in the locker rooms!
- No glass or spray bottles are permitted in the locker room.
- Use deodorant appropriately. No AXE or body sprays.
- No lunches, backpacks or coats should be in the locker room.
- If you lose something, check the lost in found located in the locker room first.
- Please pick up after yourself.

