Pocono Mountain East Junior High School Physical Education

Dress Code: Students are required to dress appropriately for physical education on a daily basis. Students must change from their uniforms and they may wear shorts or sweats with a tee shirt or sweatshirt. Students must also have appropriate gym sneakers.

DO!

T-shirt/sweatshirt

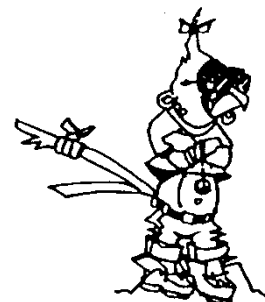*Comfortable shorts/sweatpants*

Socks and Sneakers (flat soles)

DON'T!

Jewelry

Tank Tops

Boxer shorts or Pajamas

Too baggy shorts

Too tight or short shorts

Valuables: Students should leave all valuables (jewelry, money, electronics, etc.) in their school lockers. Although locker rooms are monitored, we cannot guarantee the safety of your personal belongings.

Electronics: Absolutely no electronics are allowed in the locker rooms or the gym. If your teacher is permitting iPods for the weight room, students must leave their iPod with them before entering the locker room.

Personal Hygiene: Students are STRONGLY encouraged to practice proper personal hygiene. Deodorant, before and after class, is a wonderful idea. Please take Physical Education Clothes home to be washed on a regular basis. Perfume, Cologne and Axe are not permitted to be used in the locker rooms or the gym due to health concerns. Make a plan to wash clothes over the weekend, so you are prepared during the week.

Procedures: Students will report to the gym carrying only their gym bag. Gym bag should only have gym clothes, sneakers and deodorant. Students will enter the appropriate locker room to change. Students are given five minutes after the late bell to get changed and report to the gymnasium. Students will begin walking around the perimeter of the gym upon leaving the locker room.

Safety: Accidents do happen in PE due to the physical nature of the activities. Be assured that teachers will take every precaution to avoid injury and the expectation is that each student will do the same.

Medical Alerts/Notes: All doctor's notes must be turned in to the school nurse prior to PE class. Students will be given an alternate assignment to complete in the library or in school suspension room until they are cleared to return to P.E.