



Pocono Mountain East Junior High School Physical Education

Routine: Students will report to the gym carrying only their gym bag. Students are given five minutes after the attendance to get changed and report to the gymnasium. Students will begin walking around the perimeter of the gym upon leaving the locker room.

Gym bag: Students' gym bag should only have clothes, sneakers and deodorant. It may be draw string, duffle bag style, or even a plastic shopping bag.

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. Make a plan to wash clothes over the weekend, so you are prepared during the week. Most students will have P.E. every day. Perfume, Cologne and Axe are not permitted to be used in the locker rooms or the gym due to respiratory concerns.

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

Cut-offs /jean shorts

Pajama Bottoms

Spandex

Slip-on Sneakers



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 because these lockers do not lock.

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 nurse's office until they are cleared to return to P.E.