



## Physical Education Guidelines 2019-2020

Physical Education is required by the state and is a vital part of your child's education. The State of Alabama requires students to engage in a 30-minute class period daily.

For safety concerns tennis shoes are **required**. Your child will not be permitted to participate in sandals, boots, dress/casual shoes, etc. due to increased risk of injury to oneself or others. Students will be expected to engage in an alternate activity, to be determined by the PE coach.

Please have your child dressed for play. If dresses are worn to school, we require shorts or pants be worn underneath them during P.E class.

Shorts must be appropriate in length as specified in the handbook.

Spaghetti strap shirts are not permitted.

If your child is sick or injured, please send a note explaining the situation.

If it is necessary for your child to sit out for a period longer than 3 days, a doctor's note is required.

Grades in PE are assigned based on effort and participation (NOT SKILL).