

Physical Education

UNIFORM

The uniform for Upper Elementary and Adolescent Community is a St. Catherine's Montessori related t-shirt, a pair of solid black shorts (no more than 2" above the knee), and a pair of shoes and socks. No uniform is required for Lower Elementary, but the proper shoes must be worn.

T-shirt & Shorts

Any old or new St. Catherine's related t-shirt. The blue SCM T-shirts are available to purchase from our Adolescent Community SpiritWear team. Order forms are on the website. All students must wear solid black shorts that are no more than 2" above the knee in keeping with our dress code at school. Girls may need to consider buying the longer boy's shorts to adhere to this dress code.

Shoes

Please have a separate pair of the non-scuff, athletic shoe (that aren't worn outside) for P.E. and activities in the gym. Mud and dirt on the gym floor isn't fair to the classes that follow.

Changing

Five minutes will be allowed for changing in the boy's and girl's locker rooms.

Upper Elementary: Students may wear their uniforms to school or change at school.

Adolescent Community: Students must bring their uniforms daily and change at school just prior to P.E. They may not wear their gym shorts during other classes in their community.

Notes to parents will be emailed if the proper uniform is not worn twice during a 2 week period.

Hygiene

Please wear a clean uniform at each P.E. period. We recommend having at least three pairs of solid black shorts and three appropriate t-shirts. **Free uniform exchanges** take place in the fall for those who want to pick up a different size uniform or donate a gently used uniform.

HAIR

All students with hair long enough to cover their eyes must wear a hair band, bandana, head band, scrunchie or something soft that will keep hair out of their eyes. No hair clips with teeth.

DOCTOR'S EXCUSES

Excuses will be granted with a doctor's or the school nurse's note. Obviously, if the student is excused from school for an illness or family issue, the student will be excused from P.E. However, if the student is in school that day, they will be expected to participate in P.E. that day, unless a doctor's or nurse's note is presented to the P.E. teacher.

CONTRACT

Students are expected to give a good effort and try every activity. Those students not willing to make a good effort will meet with the teacher and their parents to agree upon a contract for P.E.

UNITS/CONTENT

- We will plan a variety of "units" during the year.
- Each student will be expected to try all that we do.
- In each unit the students will be taught at least the basic skills.

We will encourage each student to do their best, try each skill and support each other with positive comments and cooperative behavior while promoting good sports-person-ship.