

Physical Education

UNIFORM

The uniform for Upper Elementary and Adolescent Community is a St. Catherine's Montessori related t-shirt, a pair of solid, dark colored shorts and a pair of shoes and socks. No uniform is required for Lower Elementary, but a separate pair of tennis shoes must be worn.

T-shirt & Shorts

Any old or new St. Catherine's related t-shirt. An SCM tie-died shirt from Spring Fling, an SCM team shirt, or an SCM camp t-shirt are fine. 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, dark colored shorts. Girls may need to consider buying the longer boy's shorts to adhere to this dress code. Our objective is to have shorts that do not hang open and do not show anything if legs are lifted; such as in crab soccer or in the bicycle position during conditioning. To achieve this, students may wear longer, snugger shorts, or wear biking shorts, leggings, or under armor under shorter shorts.

Shoes

All LE, UE and AC students should bring a separate pair of tennis shoes *that are not worn outside at recess or gardening*. Mud and dirt on the gym floor from recess or gardening isn't considerate 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 shorts and three appropriate t-shirts.

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

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, nurse's or parent'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.

PHILOSOPHY

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. We will plan a variety of activities during the year and each student will be expected to **try all** that we do. **Effort** is much more important than winning in P.E. In each activity the students will be taught at least the basic skills.