



# PHYSICAL EDUCATION EXPECTATIONS

## R O A R

### RESPONSIBLE

### OPEN-MINDED

### AMBITIOUS

### RESPECTFUL

<b>Attendance Locker Room Entry</b>	Be on roll call number at tardy bell Bring your PE uniform each day or get loaners if you forget clothes at home Electronic devices are put away before entering the locker room	Greet your teachers and peers Enter class with a positive outlook Be ready to learn and engage in all activities	Change into PE uniform quickly Take time to memorize your locker number and combination Be on time to class each day	Use your inside voice Use Restroom appropriately - Avoid changing in the stalls Allow and respect personal space when changing
<b>Daily Routines</b>	Complete all warm-up activities and routines without being redirected Be on your assigned roll call number for the entire warm-up routine Hold yourself accountable for completing tasks	Understand how warm-ups are an effective way to help keep our bodies safe before moderate to vigorous activity Build positive relationships Be open to struggle during curl-ups and push-ups, but continue to work towards your goals	Use the warm-up routine as a way to improve overall fitness Work to improve on at least 3 of the 5 components of fitness Use the restroom in the locker room before exiting to warm-ups	Follow directives of all PE staff Return to roll call number when whistle sounds 3 times Use facilities and equipment in a safe manner
<b>Stadium Lab</b>	Stay on pathways and established routes Complete the stadium lap to the best of your personal ability Wear appropriate shoes that allow you to participate safely	Complete each stadium lap with the understanding of how it positively affects mile times Be open to running a different course than the mile course Be open to walk breaks, only if needed	Work on improving your personal level of fitness Work at a mile pace to help improve mile times Aim to lower your stadium lap time each week	Be courteous to peers and staff on the course Value personal space and ability levels Be receptive to positive feedback from staff on how to improve
<b>Activities</b>	Strive to build healthy habits Use equipment for intended purposes Ask for help or clarification when needed	Commit to a high level of effort and willingness to try new skills Cooperate with other students who have different levels of skills Set goals for growth	Actively engage in activities Engage in good sportsmanship Engage in meaningful competition that reinforces moderate to vigorous exercise	Work safely and well with peers of different skill levels Clean up all the equipment after the lesson Leave the space clean for the next class
<b>Exit Locker Room/Gym</b>	Secure all belongings before leaving the locker room Exit in a timely manner Use facilities safely and responsibly	Appreciate and return loaners in a timely manner at the end of class Allow for personal space Assist others and show respect for all people	Enter and exit quietly Clean up after yourself Maintain boundaries	Take your PE uniform home to wash once a week Keep locker rooms and gym clean and free of trash Stay in assigned areas until the bell excuses you to the next period

Stay hungry Lions and don't forget to ROAR!