

First Colony Middle School
Physical Education Course Information

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The FCMS Physical Education Department strives to provide students opportunities to learn and participate in different individual and team sport activities along with innovative games. In addition, students will be exposed to a variety of physical fitness activities that will enhance each student's fitness level. Our goal is to give our students the understanding regarding benefits of staying active and living a healthy lifestyle.

NINE WEEKS GRADE BREAKDOWN

I. Major Grades (50%): (Usually 3-4 Total)

- Dress-out (Uniform shirt & shorts, athletic footwear- no Crocs, slides, boots, etc.)

II. Daily Grades (50%): (Usually 6-9 Total)

- Participation
- Fitness Activities

III. Late Work Policy

- One day late- 10 points off
- Two days late- 20 points off
- Three days late- 30 points off
- Four days late- 40 points off
- Five days late- 50 points off
- Six days late- 0 (a 0 will stand)

FBISD Uniform Guidelines:

Dressing out for PE is mandatory. This is for hygiene and safety purposes. This priority is included in our TEKS (5B). Students are expected to bring athletic clothing to change into each day for PE class; students should not stay in the clothing they wore to school.

FCMS offers PE uniforms to families for purchase to ensure that they have easy access to athletic clothing that is in dress code. It is not mandatory for students to purchase from the school.

If a family cannot afford to purchase a uniform, they should communicate with the campus PE department. The PE department will ensure that the student has a proper PE uniform for class.

If a family prefers to purchase their own uniform, they can do so as long as it meets the requirements below:

- A. The uniform meets the school dress code: This includes shorts that are the proper length and a loose-fitting t-shirt.
- B. The uniform matches the school uniform (grey shirt, blue shorts)
- C. The student's name is written on both the shirt and shorts.

*Coaches will check uniform to make sure it meets this criteria.

*Students who prefer to wear pants due to religious preference or other reasons can do so if the pants are designated as their PE uniform. The idea is that the student is changing clothes to meet the dressing out requirement of the class.

Purchasing Uniforms

To order a FCMS PE uniform, go to:

www.fortbendisd.com

Click on the RevTrak Web Store tab

Create an account or log in

Click on FBISD Schools, Middle Schools, First Colony, PE Uniforms

Both shirts and shorts may be purchased. You may order as many sets as you would like.

Put whatever size you think; we will help your son or daughter with a size that fits.

Once purchased, the receipt can either be emailed to or printed out for the specific PE coach. We will start issuing uniforms Monday, August 12th. Uniforms can be exchanged for a different size as long as they have not been worn and no name has been written on the shirt or shorts. Uniforms are sold all year long.

LOCKERS

All students will be allowed to choose their PE locker.

For both BOYS and GIRLS PE: Students need to bring their own combination locks.

(NO KEY LOCKS UNLESS APPROVED BY THEIR TEACHER).

PHONES

Phones are not allowed at anytime during PE. Please refer to the FCMS cell phone policy.

WATER

FCMS has water fountains located near our gyms. Students will be allowed to bring their own water bottles. The water bottles must remain in designated areas. At no time will water bottles be allowed on the gym floor because of safety reasons.

HYGIENE

Students will be reminded to take home uniforms on the last day of the school week. We encourage students to set up some type of reminder each Sunday to help them remember to bring back their uniforms. Students are also encouraged to keep deodorant in their lockers: no glass bottles, aerosol sprays, colognes, or perfumes.

STUDENTS EXCUSED FROM DAILY CLASS ACTIVITIES

Students may be excused from daily activities for:

- Illness
- Injury
- Fasting during religious observations (please put dates/duration on the note)

TO BE EXCUSED, THE PARENT/GUARDIAN NEEDS TO SEND A NOTE WITH THE FOLLOWING:

- The reason for the student needing to be excused from physical activity
- The date along with the full name and phone number of parent/guardians
- *Parent note is only good for one day; please write a new note each day
- After 3 days, a note from a doctor will be required (does not apply if fasting)

