

Carquinez Middle School P.E. Expectations

School-wide Expectations	Entering the Gym	Instruction Time	End of Class	PE Class Goals	Brunch/Lunch Time
BE Responsible	Walk in quietly Take a seat/start warm ups around the red	Use equipment appropriately for their intended use Use the restroom during brunch/lunch	Follow the whistle rule - stop, look and listen!	Follow the Golden Rule - Treat others the way you would like to be treated	Wait for an adult/yard aide - If there is no adult in the gym , the gym is closed
BE Organized	Put backpacks and/or belongings on the stage and off the floor	Be on time and on your spot before the bell rings	Put equipment away neatly in its proper place	Be prepared for class everyday	Put backpacks and/or belongings on the stage and off the floor
BE an Academic achiever	Use appropriate language and noise level Put away all electronics (phone, earbuds, etc.)	Bring a positive attitude Give your best effort Be ready for teamwork and cooperation	Congratulate others at the end of a game/competition Set goals and work hard to achieve them everyday	T ogether E veryone A chieves M ore How you behave in class affects others and their learning time	Use appropriate language and noise level Put equipment away when not in use/ after using
BE Respectful	Respect others' space and belongings ONLY bring WATER into the gym	Listen to directions and follow them Give the speaker your full attention Encourage others and understand others' differences	Show respect towards teachers, classmates, equipment, and the environment we learn in	Always show good sportsmanship	Show respect to staff, equipment, and the environment we learn in
BE Safe	Keep hands and feet to yourself as you enter	Dress in appropriate attire and footwear for physical activity	Keep hands and feet to yourself as you exit	Always think "Safety First"	Display appropriate behaviors Keep off the stage