



### Physical Education Guidelines

1. At 24 degrees (real feel from weather index that combines wind chill) and higher students are expected outside for gym.
2. Currently at VCA west (Saint Rita's building) we are not allowed to use balls in Arnold Hall, if you have a question about a softer type ball please see Brother Dyson.
3. PE Equipment is stored in a locked cabinet and cage, **this equipment is used specifically for PE and is not to be used outside of PE classes.** This equipment will be accessed using a combination lock, that all PE teachers will have access to.
4. Recess Equipment is stored in the Arnold Hall stairway by 61<sup>st</sup>, all classes are able to use this equipment.
5. PE Equipment should be returned to its proper locked area after each class use. PE teacher is responsible for returning this equipment back to its proper location, as any equipment left out is subject to be used by other classes or the Pentecostals of Wisconsin church if left out.
6. In the event that a student is injured, complete "VCA Injury Report" as well as a phone call to parents.
7. **PE Equipment safety:** When using body boards, do not allow students to tie ropes to the board and be pulled by a friend. This is unsafe and causes the boards to break.
8. **PE Equipment safety:** Body Boards should be used inside of Arnold Hall and not taken outside.
9. **PE Equipment safety:** We have Medicine balls for core strength building exercises. The weights range from 8-15lbs. This equipment is suitable for

students in grades 5<sup>th</sup> and up, teachers will train students on safe use of this equipment.

10. On Indoor Recess days, classes will have recess in their classrooms and not in the gym
11. PE Equipment will be ordered twice a year. Initial orders will be made September 16<sup>th</sup> with second orders being made February 25<sup>th</sup>.
12. PE grades are due to Skyward when trimester grades close (See VCA Calendar)