

1. Listening is required in this class.

Listening

1. Sitting quietly
2. Looking at the teacher

2. Classroom rules

Classroom Rules

1. Follow directions- so I can teach you and keep you safe
 2. Keep hands, feet and objects to self
 3. Come in proper PE clothes everyday- no gum, jewelry
 4. Actively participate in skill/fitness development and improvement
 5. Cellphones not allowed in locker room or in class leave in hall locker
3. Classroom expectations and procedures: coming into class and dismissal from class.

Locker room expectations

1. Aerosols, spray perfume and glass containers not allowed stick deodorant only
2. Indoor voices
3. Cellphones and electronic devices not allowed
4. Keep hands, feet, and other objects to self

Entering classroom

1. Walk in quietly after getting dressed only have 1:11 minute after tardy bell
2. Walk in the gym
3. When whistle is blown get into roll call (alphabetical by last name) quickly and listen
4. Listening and staying in roll call until teacher completes directions

Dismissal from Class to get dressed

1. Bell rings
2. Listening
3. Teacher excuses
4. Walk out quietly
5. Once dressed walk in the gym

4. Precision directions

1. Name, direction, please
2. Name, *you need to* direction- only giving directions twice once please second time need after this it's a consequence
3. That's not following directions, that's _____

5. Consequence Hierarchy

1. 2 burpbees
2. 7 push-ups
3. 9 burpbees
4. 18 push-ups
5. 13 burpbees

6. Class Positive Reinforcement System

Whole Class

1. Get dressed 30 seconds early
2. 17 sec reduction on Fitness Friday time
3. Get dressed 1 minute early
4. 37 sec reduction in Fitness Friday time