

CLASS RULES

1. Follow directions and be prepared for class every day.
2. Respect all people and equipment in class.
3. Always give your best effort.
4. Always lock ALL belongings in your locker before reporting to class.
5. No electronic devices in class unless otherwise instructed by Ms T.
6. Do not bring food into class or locker rooms unless otherwise instructed by Ms T .

SAFETY RULES

1. Follow directions and listen to daily safety reminders for each lesson.
2. Respect all people and equipment in class.
3. Watch for objects on the ground and in your area.
4. Warn others of stray items, objects, and equipment entering their area.
5. Wear lace up, athletic shoes, and ensure laces are tied before participating.
6. Participate in the warm-up and cool-down activities.