



PE's Top Ten

1. Change your clothes quickly
2. Enter the gym quietly and follow the established routine
3. Stop and listen at the sound of the whistle
4. Assume the listening "position" when Mrs. Poppema or others are instructing
5. Play by the rules
6. Encourage your teammates
7. Try your best
8. Use equipment properly
9. No complaining or arguing allowed
10. Be gracious and humble whether you win or lose



Violators of these rules will be prosecuted!

Sentences include:

- simple warnings
- removal from activity
- detention
- visit to Mr. Tien
- phone call to mom and dad
- removal from PE

Followers of these rules will be praised and....

- reap the benefits of exercise
- feel the unity and encouragement of teamwork
- enjoy the thrill and excitement of sport
- come away from PE headache free!

Let's have a ball in PE!

