

physical education rules



1- Be prepared for class (wear proper footwear, tracksuit and a positive attitude).



2- It is compulsory **bring a toilet bag** with a shirt for changing, small towel and deodorant.



3- No bracelets, necklace or earrings; watches or rings



4- **In case of not attending** to a session is necessary to show a proof (doctor's note in example). It is student's responsibility ask their classmates in order to find out what was done this day. Some task could be asked later for evaluation purposes.

5- Listen when the teacher is speaking and always give your best effort!



6- **How to Avoid a Heavy Backpack**

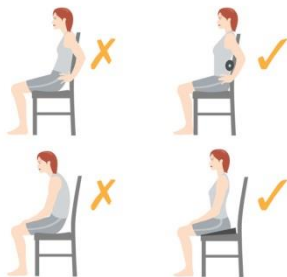
Pick a bag that fits

Consider a rolling backpack.

Decide what you'll need for one day.



7- **Sit down properly**



THANKS FOR YOUR COOPERATION!!