

Laramie County Community College

Home School PE Rules

BE PREPARED

- Wear tennis shoes/sneakers they must be properly tied—no high heeled sneakers, sandals, crocs, boots, hiking boots, etc.
- Wear loose fitting tee shirt, loose fitting athletic shorts, or sweatpants—no jeans, cargo shorts, or oversized/baggy clothing; no tank tops or spaghetti strap tops;
- Keep hair out of your face or eyes

PLAY HARD

- Always participate with effort and seriousness in all activities.
- Demonstrate a commitment to the process, lesson or activity.
- Demonstrate proper movement skills and concepts

PLAY FAIR

- Adhere to the rules or instructions of the lesson or activity
- Display honesty during the lesson or activity.
- Allow equal opportunity for others to participate.

PLAY SAFE

- Lookout for the safety of others.
- Avoid careless risks.
- Show an awareness of your body and those around you.

SHOW RESPECT

- Listen when it is time to listen (to the teacher or classmates).
- Cooperate with the teacher and classmates. Display good sportsmanship.
- Show the value of others, the equipment, the property and the environment.