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 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, 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
- Look out 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