

NAME: _____ ROLL #: _____ PERIOD: _____

PHYSICAL EDUCATION STAFF: Ms. Bromley, Mr. Booth, Mr. Martin, Mrs. Walker, Mr. Berruecos

CURRICULUM: (California State Standards)

7th and 8th GRADE: Fitness Testing, Track and Field, Cross Country Runs, Conditioning

7th GRADE: World Dance, Disc Sports, Table Tennis, Volley Tennis, Medieval Games, Recreational Games, Pickleball, Basketball Skills, Lead-up Skills (Individual and Dual Sports)

8th GRADE: Square Dance, Angleball, Football, Basketball, Volleyball, Floor Hockey, Weight Training (Team Sports)

CLASS RULES:

1. Students are to stand/sit quietly on their numbers facing forward while the teacher is taking role.
2. Destruction of school property or another student's property may result in a detention, disciplinary referral, and or lowering of citizenship grade.
3. Inappropriate behavior and/or language will result in a disciplinary action and/or a referral.
4. Students are to remain in the marked P.E. area (blacktop) until the passing bell rings.
5. For your safety; glass, mirrors, and aerosol cans are not allowed in the locker room.
6. Follow ALL directions given by your teacher, other PE staff, and ALL other adults.
7. Be Respectful, Be Responsible, Be Safe.

DRESS CODE:

The Physical Education uniform may be purchased from the Physical Education Department.

The uniform will consist of:

1. Maroon shorts (you may only wear one pair at a time, waist band above the hip bone).
2. Gray t-shirt
3. Socks and tennis shoes (tied appropriately above the tongue).
4. Fleece sweatshirts and/or sweatpants may be worn OVER P.E. uniform, not in place of uniform.
5. Names must be marked (with permanent ink) on the shirt and shorts. You must only wear clothes with your name on them. Clothing with writing, other than the student's name, will not be permitted.
6. If uniforms are lost or misplaced, students are required to bring a note from home explaining the situation and have until the end of the week to replace them. Students may purchase new clothes at any point throughout the year or bring appropriate replacement clothes from home; see your PE teacher.
7. Please lock all items before leaving the locker room.
8. You will be required to wear a "loaner uniform" if you are not properly dressed. See Loaner Policy on next page.
9. Lockers are to be used to secure PE and personal items. A student's locker may only be accessible during the beginning and end of their PE period.

LOANER CLOTHES POLICY (PER 6 WEEK GRADING PERIOD):

1st offense = (FREE) loaner with NO disciplinary action.

2nd offense = before school detention

3rd offense = before school detention + (N) in citizenship + possible office referral and/or parental contact.

4 or more offenses = before school detention + (N or U) in citizenship + office referral with parental contact.

TIPS FOR MAINTAINING PE CLOTHING:

If you lose your clothes, please check in the P.E. lost and found. If it is not there you must replace them. This problem could nearly be eliminated if these rules are followed:

1. Use permanent ink to mark your LAST name and FIRST name on the uniform.
2. NEVER share your locker combination. NEVER SHARE LOCKERS! NEVER loan clothes to others or leave them in a friend’s locker!

CHEATING:

Cheating on homework, quizzes, tests, runs or activities shall result in NO CREDIT, a detention, and a lowered citizenship grade for the current trimester.

GRADES/GRADING:

Progress reports will be issued during the sixth week of each trimester. Trimester grades are cumulative.

Approximate composition of grades for each unit:

- Daily Participation Grade: PE is primarily a participation class. Verified and/or excused absences are waived from that day’s participation points. Unverified and/or Unexcused absences are not excused from participation assignment points. Daily participation is essential for a good grade.
- Maintaining and completing the Sportfolio assignments.
- Homework (40%) / Assessments (60%). Most units will have a written and a skills assessment.
- If you are absent or out on a medical leave, it is YOUR responsibility to make up any tests, fitness runs, or assignments, in a timely manner.
- Students who cut the Cross Country or 30 Minute Run courses or move the cones will be given a 0 score. Students who report a wrong run time or lap count will be given a “0”.

SPORTFOLIO:

Each student will be given a Sportfolio at the beginning of the school year. It is the student’s responsibility to keep it in good condition and have it available daily for note taking and data recording. A digital file can be downloaded and printed if the Sportfolio is lost.

RUN MAKE-UPS AND PE DETENTIONS:

Run make-ups and PE detentions will be held weekly before school, typically on Wednesdays. Students should attend run make-ups the week following their absence and have the entire semester to perform their make-ups. The longer a student waits, the less likely they are to complete the run make-up. Failure to attend an assigned before school detention will result in a doubled detention and a lowering in the citizenship grade.

PARENT AND DOCTOR NOTES:

A parent’s note will excuse a student from activity ONLY for a maximum of three days. A doctor’s note (M.D.) will excuse a student from activity as specified by the physician (an alternate assignment may be given, and make-ups may also be required).

Student’s Name: _____

Student Signature: _____

Parent Signature: _____

Parent Email: _____