

Cal Aero Junior High Physical Education Syllabus

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Overview: Physical Education is an integral part of your child's overall health & education with daily participation requirements. This syllabus outlines the class expectations for the students. Be on time for class, use your own locker, dress out for PE activities, and use PE equipment only for its intended use. Follow school rules.

Have fun and be RESPECTFUL, RESPONSIBLE and Accountable

PE Dress Code: Students MUST dress out for PE. No excuses. This includes Cal Aero PE shirt, PE shorts, socks and athletic shoes. Boots(uggs), crocs, or sandals are not permitted. Mile time shirts can be earned and are worn on mile days. Sweatpants and sweatshirts may be worn when it is cold and we are outside. No jewelry is allowed during PE activities. Wash your PE clothes weekly. Loaner PE clothes may be worn twice per quarter without penalty; students are responsible for washing and bringing back loaners clothes within 1 week of borrowing them.

Locker Items Needed: extra shoes(athletic), extra socks, PE clothes, sweatshirt when cold, deodorant (no spray), reusable water bottle, combination lock.

Locker Room Expectations: Students are expected to keep their eyes and hands to themselves, talk quietly and use appropriate language, respect others and their belongings. Teachers are not responsible for lost or stolen items. Cell phones are prohibited in the locker room and will be confiscated if they are being used. Students must use the restroom in the locker room prior to leaving to or from class.

Class Participation/Behavior: Give your best effort in all physical activities. Participation is a majority of your grade. Follow the teacher's instructions the first time. Cooperate with others. Be polite and courteous and respectful. Use appropriate language. Respect the learning environment (gym, classroom, equipment, and athletic fields).

Park Rules: no use of the playground or restrooms at any time during school hours.

Units: Football, soccer, basketball, volleyball, fitness testing, ultimate frisbee, softball, badminton, hockey, and various other games, activities.

Mile Run: Students run one mile every week, usually on Tuesdays, worth up to 10 points. This is an assessment grade.

Student Grades: Grades are earned, not given. They are calculated with 50% of the grade will include their mile times, fitness testing, fitness Fridays, and skills assessments. The other 50% of their grade is class participation, dressing out, behavior, and attendance.

Parent/Guardian Medical Note: You may write a note excusing your child from participating in PE for up to three days. The note should give the reason for the nonparticipation and have the date on the note with your child's name and your signature. Students must still dress out for class. Students will be required to make up any missed work including mile runs. We have a make-up day each grading period.

Doctor Medical Note: If for any injury/medical reason your child needs to miss PE for three or more consecutive days, a doctor's note is required to excuse the nonparticipation. The medical note must be presented to the school nurse as well as the students' PE teacher. The note must include the reason and duration of nonparticipation in PE. Students will not be allowed to participate until the time frame is up or a new note comes in from the doctor releasing the student to participate in PE. Long term medical excuses may include modifications or alternative assignments for the student.

Make Ups: A student may make up an absence for non mile day by submitting a written assignment to their teacher on a sport or physical activity of their choice. Written assignments may earn full credit. Mile make up days are made up during the students PE class time once a grading period. A copy of the syllabus is posted on the PE teacher's class website for future reference.

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Please sign and return to your PE teacher.

As a parent, I understand the Physical Education course guidelines and will do my part to support my child's physical education.

Student's name

period

Parent's signature

date