



Chino High School 2021-2022  
**Ms. Parrell Athletic PE Syllabus**  
 Room 42  
 Email: [Jessica.Parrell@chino.k12.ca.us](mailto:Jessica.Parrell@chino.k12.ca.us)  
 Remind @pewithjp



**Course Overview**

Throughout the semester you will be engaging in a variety of activities to help you become a successful student athlete. Physical activities may include but are not limited to stretching, running, agility drills, weightlifting, and sport specific drills. It is important to remember that the word student appears first in “Student Athlete” therefore, there will be time provided for study halls and assignments directed toward improving your knowledge of fitness and nutrition.

**Course Expectations/Rules**

Follow the school wide expectations (Be Respectful, Be Responsible, Be Resilient and Be Safe)

- Respect all equipment, property, and others
- Be on time ready to work out and participate daily
- Report all injuries to Coach JP immediately
- Stay on task

**Schedule**

The following schedule is for regular/common planning days only. For minimum/assembly days Ms. P. will provide directions the previous day. Please note that this schedule is subject to change. There will be a note posted on Ms. Parrell’s classroom door daily with the schedule. On workout days, we will meet on the northwest side of the track by the Pole Vault container 15 minutes after the tardy bell rings. You must be properly dressed in physical fitness attire and shoes and be ready to work out to receive credit for the day. On days we meet in the classroom, you must be present by the time the tardy bell rings.



Day	Meet	Activity
Monday	Rm. 42	Study Hall/ Film/ Assignment
Tuesday	On Track	Workout
Wednesday	Rm. 42	Study Hall/ Film/ Assignment
Thursday	On Track	Workout
Friday	On Track	Workout

**Grade Policy**

Daily Participation- 5 points each day; 3 or less unexcused absences = 0 points lost; 3+ unexcused absences = 5 points lost per day; excused absences will not receive point deductions and must be input by attendance office

Physical Activity Record- 5 points x 90 days = 450 pts total. Each student must keep a Physical Activity Record. The California Department of Education mandates a minimum of 400 minutes of physical activity for every 10 learning days, which averages out to be 40 minutes daily.

Grade Checks- 3 mandatory grade checks must be turned in by the end of week(s) 3, 9 and 15.

**ATTENTION: We would all be devastated if you got injured and could not compete in your games or matches. Therefore, if you are not dressed properly for a workout, you will be asked to sit out and will not receive credit for the day. This means proper running shoes, cleats, shin guards, athletic shorts, and shirts are a must.**



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Please review this syllabus with your parent guardian and return this portion to Ms. Parrell by \_\_\_\_\_.

Student Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_