

Ramona Jr. High
Syllabus - Physical Education
Mr. Mehaffie

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CLASS RULES

1. Students must be standing on their number when the tardy bell rings, or they will be marked tardy.
2. Students are to **SIT** on their roll call number when they exit the locker room and remain on their number until further instructed.
3. Students will sit on the assigned bench until they are excused to get dressed in the locker room.
4. Students are to remain in the marked physical education area until the passing bell rings.
5. For student's safety, glass containers, mirrors, and aerosol cans are not allowed in the locker room.
6. Food, cell phones, or any other electronic devices are not allowed in class.
7. Students are to abide by all school rules while in P.E.

CLASS EXPECTATIONS

1. Students are expected to be **SAFE** in the locker room by locking up their belongings and following all the locker room guidelines.
2. Students will demonstrate **RESPECT**, and show compassion to others, while participating in class activities/sports.
3. Students will be **RESPONSIBLE** by dressing out in their PE clothes every day and try their best in all activities (sports, conditioning, cross country, & PACER run).

CONSEQUENCES

You are given 4 low level referrals and then sent to the office on the 5th incident that occurs.

Low level referral includes:

1. Not following instructions
2. Disagreeing with teacher
3. Not working appropriately with others
4. Property misuse
5. Inappropriate language
6. Electronic use
7. Horseplay, running around, fooling around, being too loud.

DRESS CODE

1. Students will be dressed out every day in their P.E. clothes.
2. The physical education uniform and locks may be purchased at the school.
(Shirt - \$12 Shorts - \$12 Lock - \$6)
3. Uniform consists of: Royal blue shorts, gray t-shirt, socks, and tennis shoes (tied appropriately above the tongue of the shoe or fastened properly for safety purposes).
4. Any missing item will result in a non-suit.
5. Student's name must be marked (with permanent ink) on the shirt and the shorts.

6. Sweats are optional, however, the physical education shirt and shorts must be worn under the sweats.
7. Wearing street clothes under P.E. uniform will result in a non-suit.
8. Clothing with graffiti will not be permitted.
9. If uniform is lost or stolen, students are required to bring a note explaining the situation and giving the date when new P.E. clothes can be provided. Students must bring appropriate replacement clothes from home until the new P.E. clothes are bought.
10. THE PHYSICAL EDUCATION DEPARTMENT IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. BE SURE TO USE YOUR LOCKER PROPERLY!

NON-SUIT MAKE-UPS

1. To ensure the success of the Ramona physical education students, the physical education department is taking an active role in providing the students an opportunity to make-up their non-suits. Students will be offered 2 ways in order to make up their non-suits. Their first option for a non-suit makeup is to write a one page summary about a sports topic. This will be done with the teacher's discretion of the topic. The second option for a non-suit make up will be offered after school. Every 1st or 3rd Monday of the month a student may stay after school, dress in their PE uniform, and complete a small physical activity. The student will be free to go home around 2:38 on these days.
2. A student is allowed 2 make ups per month if needed.

ILLNESS AND ABSENCES

1. If a student cannot participate in P.E. for 1 to 3 days, a parent note is required. The student is still expected to dress out.
2. A doctor's note is required for any student who is out longer than 3 days. An alternate assignment will be assigned. The student is not expected to dress out.
3. If you are absent, it is YOUR responsibility to make up the activity that was missed.
4. Independent make-ups are available for absences (1 per absence). Students will be expected to complete 40 minutes of physical activity at home. They will write the activity they completed in their **agenda**. This will make up for their participation points for the day they missed. **Parent signature is required.**

GRADING SCALE

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| • Participation/Dress | 40% |
| • Cross Country | 20% |
| • PACER | 15% |
| • Sports Activities, Assignments | 15% |
| • Conditioning | 10% |

Students will receive points every day based on their activity. They will lose points by: not dressing out, non-participation, poor sportsmanship, and lack of effort.

***All class information can be found on my class webpage. Grades will be updated regularly on Aeries. Please check at least once a week on Aeries for updates.**