**Physical Education 2014 – 2015 Syllabus**

*Respect for Self, Respect for Others, and Responsibility*

I welcome you to our Ida Jew program. The objective of Physical Education is to help our students develop the know-how, ability, skills and enthusiasm to maintain a healthy lifestyle for a lifetime. The activities, games, and sports utilized in this program are designed to promote physical fitness and develop motor skills. Students will gain the knowledge and understanding of rules and concepts, and also how to work as individuals or as part of a team in all aspects of life.

**Guidelines**:  
In order to have fun and learn we need to be in an environment that allows for all to succeed. This can be accomplished if all students are respectful, responsible, and ready for class every day.  
• **Attire**:  
Physical Education clothes should be in good repair and the basic clean uniform should be worn every day to class. Uniform tops and bottoms should have the student's name visible. Inexpensive black, or green sweatshirts and sweatpants should be worn during cold weather. Clothes should allow for comfortable, unrestricted movement and be suited to the outdoor temperature. Only soft soled,  
laced, tied, and supportive athletic shoes are allowed. Please, no jewelry should be worn during class that is expensive, sentimental, excessive, or unsafe.  Please bring solid or roll on deodorant only.  No spray on deodorant, cologne, or perfume allowed.  
**·** **Lockers**:  
Place all personal items in your assigned locker, close your locker and lock your lock. ($2 to replace a lost lock)  Leaving the lock unlocked may result in the loss of personal belongings. **The physical fitness staff is not responsible for lost or stolen items.** It is recommended that students keep their clothes, deodorant, extra socks, binder and a pen/pencil in their locker.  
  
• **Food/Drink/Candy**:  
To prevent choking and to keep the campus clean, no food, drink, or candy is allowed in class or out in the locker room finish these before you enter the locker room. Water bottles are permitted and encouraged when students use that privilege responsibly.  Please pick up any trash in the locker room you see, weather or not it is yours.   
  
**·**  **Medical/Parent Excuses**:   
A letter written by a parent or legal guardian may partially excuse a student from an activity for up to 2 days. The parent note must include the general description of the injury and what you are able to participate in class.  Also please provide a phone number from your parent/guardian as well as a signature.  A doctor's note is needed to excuse a student from physical education if the duration is in excess of 2 days. Students dress in P.E. uniforms during medical/parent excuses when they are physically able to do so. If a prolonged medical excuse is foreseen, arrangements are made to allow the student to remain in class and receive a grade based upon their cognitive  
understanding of the concepts taught. No student will ever be required to do any activity that would jeopardize their health  
  
***\*There will be times during the year that the classes will walk over to Mt. Pleasant High School to use their track and field.***

**The district has adopted a BEST practice grading policy.** **Students will be graded based on cumulative points. Assessments will be used for students to demonstrate their knowledge and skills in the California Physical Education Content Standard**s.  
  
Grading:  
• Overarching Content Standard 1 & 2 = 40%  
Demonstrate motor skills and movement patterns needed to perform a variety of physical  
activities.  
Demonstrate knowledge of movement concepts, principles, and strategies as they apply  
to learning and performance of physical activities.  
• Overarching Content Standard 3 & 4 = 40%  
Assess and maintain a level of physical fitness to improve health and performance.  
Demonstrate knowledge of physical fitness concepts, principles, and strategies to  
improve health and performance.  
• Overarching Content Standard 5 = 20%  
Demonstrate and utilize knowledge of psychological and sociological principles, and  
strategies as applies to learning and performance of physical activity.  
• Assessments in all categories may include quizzes, tests, portfolios, homework, class work,  
performances, skills checks, practical applications, projects, and outside enrichment.  
  
***If a student is receiving a D or F in the class, they will be notified and together, with the teacher, develop a plan for the student to be successful.***  
  
**Citizenship:**

* Prepared for class by being properly dressed, having required materials, and arriving on time.
* Demonstrating good sportsmanship, cooperation, and respect for self and others.
  1. infractions Outstanding (Per Quarter)  
     2-4 infractions Satisfactory  
     5 infractions Needs Improvement  
     6+ infractions Unsatisfactory

I have read and understand what is expected of me during my physical education class. I will explain the rules to my parent or guardian and have him or her sign below. I will return the bottom portion of this sheet to my PE teacher by 8/29/14.

STUDENT NAME (PRINT)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PERIOD\_\_\_\_\_TEACHER\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the P.E. guidelines and give permission for my son or daughter to walk to MPHS for the mile run.

PARENT/GUARDIAN (PRINT)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN (SIGNATURE)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_

HOME PHONE # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CELL PHONE # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_