



Pine Valley Middle School Physical Education Handbook 2009/10

Mission

To provide a physical education program based on state standards which builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity, and which promotes a positive self-image.

Activities

The following are some of the activities offered during the school year: volleyball, flag football, speedmitten, ultimate frisbee, indoor soccer, floor hockey, team handball, basketball, pickleball, dance, wiffleball, and track and field. There will also be an emphasis on exercises that promote the development of muscular strength/endurance, agility, flexibility, and cardiovascular fitness.

Grading

Physical Education is a blend of attitude, performance, and effort. To receive an "A" a student must excel in all three categories. Teacher assessment of daily participation and a combination of other measures, such as, fitness tests, presentations, portfolios, and written tests will be added together to formulate students' grades. Points will be totaled at the end of each quarter and letter grades will be awarded. Grades will be posted on SchoolLoop weekly. Questions regarding grades should be directed to your child's teacher. Teacher contact information is listed on the last page of this document.

Upon returning from an absence, each student is responsible for inquiring about the material that was covered in class and whether any make-up work is required. Students who are excused from activities because of medical restrictions or a parent note need to speak to their instructor to determine make-up work requirements.

Students who miss 10 days of class time because of illness or injury may be graded on a pass/fail basis. If a student has a long-term illness or injury (20 days or more), he/she will receive a No Mark for the grading period.

Daily Participation

Daily participation in class will make up the majority of the points you receive towards your final grade. **To receive full credit, each assignment must be completed to the best of your ability and you must remain active the entire class period.** Students shall wear appropriate athletic attire that includes: Pine Valley P.E. shirt (must be tucked in during class time) and shorts (no rolling of the short's waist band or sagging), athletic shoes (with laces tied) and socks. Socks must be visible. A dress cut is a four-point grade deduction. School clothes are not to be worn under the P.E. uniform.

Fitness Testing

In keeping with the Physical Education State Standards, student fitness will be assessed regularly throughout the year using the Fitnessgram (the mandated California State fitness test). Following each fitness assessment, student results will be recorded and test scores will be compared to national norms. The results will then be used to develop physical fitness goals. Students will practice and train for the fitness tests during class time; however, they should also practice on their own outside of school throughout the year.



Pine Valley Middle School Physical Education Handbook 2009/10

Health and Safety

Students are expected to follow all school rules and district policies for student behavior as outlined in the Pine Valley Student Handbook and Annual Parent Information Packet. Students who fail to comply with school, class, and district rules will face disciplinary consequences. The following Physical Education rules have been established to provide all students with an environment conducive to learning and active participation:

Uniforms - Permanently mark your first initial and last name on your shorts and shirts in the appropriate area. Clothing with additional writing, drawings or torn uniforms must be replaced. Uniforms should be laundered on a weekly basis or as needed. Sharing P.E. clothing is not permitted.

Jewelry - Only the following may be worn during class time: medical alert bracelets, post earrings, and small, non-dangling necklaces. Rings and watches are not allowed. All valuables should be locked in P.E. lockers.

Locker rooms – Students will be expected to do their part to keep the locker room as clean, safe, and sanitary as possible. Food and drinks are not allowed in the gym or locker rooms. Sharing P.E. lockers is not permitted. Respect for other students’ valuables and belongings is expected at all times. Students who fail to comply with the locker room rules will receive disciplinary consequences.

Locks – Locks are provided by the school at no cost to the student unless lost. A \$7 fee will be assessed for lost locks. In an effort to maintain individual privacy, students are urged and expected to keep their lock combination private.

Equipment – No student is allowed to use or be on equipment without permission and supervision by a teacher.

For the safety of all – It is important that students walk while entering and exiting the locker rooms and gymnasium. Students should immediately report to their attendance lines and remain seated until receiving direction from the teacher. Students who are not seated will receive a tardy.

Medicals

If you need to be excused from active participation for medical reasons, use one of the following procedures:

Parent/ Guardian Note: Bring a dated note, written by a parent or guardian, with contact phone numbers and a signature. This note must indicate whether the student can participate on a limited basis or not at all, the reason the student will be excused, and the day or days they will be out of physical education. A note from a parent/ guardian is good for a maximum of five days. Students/ parents should contact their student’s teacher if they have any questions or concerns.

Doctor’s note: If students are going to miss more than five (5) consecutive days of physical education, a note from a medical doctor is required. The note should indicate how long the student will be out of P.E. and the reason. This note should also indicate whether the student can participate on a limited basis or not at all.



Pine Valley Middle School Physical Education Handbook 2009/10

Problems

If students and/ or their parents have a concern, they should contact the teacher as soon as possible (preferably by email), so that the situation can be rectified. In most cases, the problem can be resolved quickly and effectively if brought to the instructor's attention.

Tardy Policy

First Tardy – loss of two points

Second Tardy – loss of two points

Third Tardy – loss of two points and phone call home

Fourth Tardy – loss of two points and referral to the office

California Physical Education Standards

Standard 1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

Standard 3: Assess and maintain a level of physical fitness to improve health and performance.

Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Standard 5: Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

*Please refer to the California Physical Education grade level standards for specific benchmarks.

Physical Education Department Members:

Mr. Vespi Email: jvespi@srvusd.net Phone: 925-479-7795

Mr. Munson Email: lmunson@srvusd.net Phone: 925-479-7725

Ms. Gault Email: pgault@srvusd.net Phone: 925-479-7793

Mr. Bellomo Email: abellomo@srvusd.net TBA