

East Valley High School

Physical Education Class Syllabus

Dear Students and Parents/Guardians:

The Physical Education Department at **East Valley High School** would like to inform students and parents/guardians of the objectives and expectations we have for our Physical Education classes.

Physical Education Department Goals

The students will be able to:

- Develop an understanding of a lifelong dedication to physical activity and fitness.
- Learn and perform fundamental skills required to participate in various sports.
- Develop desirable habits, attitudes and actions that are socially acceptable.
- Learn the basic knowledge of the rules, terminology, history, scoring rules, etiquette and strategy of the games.
- Set personal and realistic goals.
- Develop good personal hygiene by wearing the proper physical education uniform.

Student/Class Expectations

1. Be on time.
2. Dress everyday in proper P.E. uniform and footwear.
3. Participate in daily exercises and activities.
4. Demonstrate good sportpersonship and leadership.
5. Respect yourself, your classmates, the teacher, and equipment.
6. **DO NOT BRING GUM, FOOD OR DRINKS TO CLASS** (*WATER IS THE ONLY EXCEPTION*)
7. Stay with your class. No ditching class or wandering is allowed.
8. Do not bring electronic devices to class (IPODs, phones, MP3s, cameras, etc.).
9. No backpacks in the gym.

Start of Class

Students have 7 minutes at the beginning of class to change into their P.E. clothes (t-shirt, shorts, athletic shoes, and socks) and be in their roll call position on time. All students must be sitting in roll call before the teacher arrives. If a student is unable to get to roll call on time they will be marked tardy unless otherwise excused. **You must be on time!**

PE Uniform - Class Dress Code

Proper P.E. uniform is an East Valley P.E. t-shirt and shorts. These items can be purchased at the student store for \$22 (sizes XXL and above are \$1 more). Students are expected to dress every day in their P.E. uniform. Athletic shoes and socks are also required. In certain situations, if a student is not dressed properly, he/she will not be able to participate in class activities. P.E. uniform must be washed on a regular basis. Alternative uniforms may be worn on an individual basis **with the teacher's approval.**

Locker Room

Each student is issued their own P.E. locker, which is equipped with a built-in combination lock. No student is allowed to share a locker with another student. It is the responsibility of each student to conduct themselves safely and courteously while in the locker room and keep the inside and outside of their locker free of damage or graffiti. Violation of locker room rules can result in suspension of locker privileges.

Absences

Absences must be excused in the main office the day the student returns to class. All course work that is missed due to an excused absence must be made up. If an absence is unexcused, the student may not make up any missed work. Make ups can be arranged before or after school at the teacher's discretion.

Non-Participation

All P.E. students are expected to change their clothes before participating in class. This means removing school clothes and putting on an approved P.E. uniform. Students are not allowed to participate if they are not in P.E. uniform (teacher's choice). Failure to dress in class will result in:

Progressive Non-Dress Policy

1st non-dress: loss of daily points, verbal warning

2nd non-dress: loss of daily points, phone call to parents or post card sent home

3rd non-dress: loss of daily points, assigned lunch detention

Medical Excuses/Injuries

Students who need to be excused for medical reasons must have a note signed and dated by their doctor. A doctor must excuse any absence longer than 3 days. Doctor's note must include their signature and phone number and must be *taken to the school nurse*. The nurse will then give the student a school form to give to their P.E. teacher. Students who are excused from physical activity due to medical reasons must make up the work missed at a later date or through an alternate assignment from the teacher. Students **MUST** still dress in P.E. uniform. A note never excuses a student from dressing. All injuries must be reported to the teacher immediately.

Equipment and Facilities

Each student is responsible for the proper care and use of all P.E. equipment and facilities. Any damage or loss of equipment must be reported to the teacher immediately. Intended damages to equipment/facilities will result in fines and referral to the Dean's Office.

Grading

Grading Scale	Grading Categories
A = 90-100% B = 80 – 89% C = 70 – 79% F = 0 – 69%	<p>Participation (60%): Students earn 10 points per class period for satisfactory participation. Deductions are made for such things as failure to follow directions, improper uniform, or being absent/tardy.</p> <p>Physical Fitness Testing (10%): Students will be assessed regularly on their physical fitness in accordance with the State of California Physical Fitness Standards.</p> <p>Written Work (30%): Students will participate in various written assignments such as worksheets, tests, group work, and fitness planning.</p>

Dear Family,

I am proud to be your son's/daughter's Physical Education teacher during this new school year. I am devoted to guiding your son/daughter towards a healthy and physically active lifestyle. I hope you have had a chance to read the entire attached document with your child that explains everything that is expected of your child for a successful year in Physical Education. The document is for you and your child to keep for your reference. If you ever need to communicate with me I can be reached at the phone number below. I look forward to a successful year with our students, and I thank you in advanced for your time and effort.

Thank you,

East Valley High School
Physical Education Department

Ms. Szeremeta	wes9018@lausd.net	(818) 753-4493
Mr. Medrano	fhm2049@lausd.net	(818) 753-4491
Ms. Stewart	sas8475@lausd.net	(818) 753-4494

(Keep this part)

-----**Tear Here**-----

I have read the information on the class syllabus and understand what is expected.

(Return this part)

Print Student Name

Student Signature

Period

Parent Home Phone Number

Parent Work Phone Number

Parent Cell Phone Number

Print Parent/Guardian Name

Parent/Guardian Signature

Date

Estimada Familia,

Estoy muy orgulloso de poder ser el profesor de educación física de su hijo/a este nuevo año escolar. Me comprometo en guiar a su hijo/a hacia un estilo de vida sana y físicamente activa. Espero que usted haya tenido la oportunidad de leer la silabus junto con su hijo/a. La silabus explica todos los requisitos necesarios que su hijo/a tiene que seguir para que el/ella tenga un año escolar exitoso. Por favor guarde este documento para que usted y su hijo/a lo tenga como referencia. Espero que este año escolar sea muy positivo para nuestros estudiantes y les agradezco anticipadamente por su tiempo y esfuerzo. Si necesita comunicarse conmigo me puede llamar al número telefónico que aparece abajo.

Muchas Gracias,

East Valley High School
Departamento de Educación Física

Srita. Szeremeta	wes9018@lausd.net	(818) 753-4493
Sr. Medrano	fhm2049@lausd.net	(818) 753-4491
Srita. Stewart	sas8475@lausd.net	(818) 753-4494

-----**Cortar Aqui**-----

Yo he leído y entendido la información y los requisitos de la silaba.

(Regrese esta parte)

Nombre y apellido del alumno

Firma del alumno

Periodo

Número telefónico del hogar

Número telefónico del trabajo del padre/guardián

Número de celular

Nombre y apellido del padre/guardián

Firma del padre/guardián

Fecha