

PALOMA VALLEY HIGH SCHOOL PHYSICAL EDUCATION SYLLABUS

Dear Parents and Students:

This syllabus is designed to acquaint you with our Physical Education Program and serve as an outline for this year. The courses offered at PVHS are designed to provide a wide variety of activities, which will enhance skills, and knowledge of the activities, socialization of the individual through group activity and more effective use of leisure time.

The Goals of Physical Education:

- To gain an understanding of health related physical fitness through multiple sports.
- To develop positive social and emotional skills, attitudes, and behaviors to include consideration, cooperation, competition, and the acceptance of rules and authority.
- To enhance the self concept through a sense of achievement.
- To develop and improve fitness and sport related skills and strategies.

Dress Requirements:

To ensure optimal student participation, as well as to ensure the safety and security of our students, all students must wear the following uniform:

- Paloma Valley P.E. uniform purchased from the student store for \$20.
- Students may also purchase plain black shorts and plain gray t-shirt elsewhere.
 - Shorts: Athletic style, black; no buttons or zippers
 - Pants: Students may wear black athletic style pants; no buttons or zippers. Leggings are not allowed unless the student wear PE shorts over the leggings. Jeans are **NOT** allowed under the uniform and will be counted as a non-suit
 - Shirts-: T-shirt type, plain gray; no buttons, zippers, tank tops, or sleeveless shirts
 - Sweatshirts- Students may wear long sleeves or sweatshirts to PE, but they must wear their PE shirt underneath.
 - Shoes- Athletic type. No boots, dress-shoes, or sandals

Note: If for some reason you are unable to get your child's uniform please let us know so we can provide the needed equipment

P.E. Area:

- All students including non suits are expected to remain with their teacher for the entire class period
- Students who leave early, during activity, or go to another class will be marked truant
- Food and drinks (except water) are prohibited in the P.E. area
- Students are responsible for respecting and returning all equipment used during PE including heart rate watches, athletic equipment, lockers, etc. Any damaged or lost items will result in disciplinary action and potentially financial responsibility.

Participation:

- All students are expected to participate to the best of their ability for the entire class period. Effort and participation make up the majority of the PE grade.

Non-Suits:

- Students are required to dress out daily for PE class. Habitual non suits may lead to a referral and further disciplinary action.
- If a student forgets his/her PE clothes, clean loaner PE clothes are available.
- Students must leave their own school ID card in order to get loaner clothes.

Medical Notes and Excuses:

- Notes should be given to the teacher at roll call
- Excuses, medical or otherwise will be permitted for two days if accompanied by a parent note along with a telephone number and/or e-mail address if confirmation is needed
- After two days a doctor's note is required. The doctor's note should indicate physical limitations and length of time to be excused
- Students excused from participation are still required to dress out unless physically unable to do so
- Students unable to participate will be required to do written work in order to earn daily points

Make-up Work:

- In order to receive credit for an excused absence you must complete the make-up work found on the school website within 5 days upon your return.
- Extended absences will require completion of online assignments provided by the teacher. Make-up assignments must be completed within the timeline given.
- Make up work is the responsibility of the student.

Lockers:

- Each student will be assigned a lock and locker. Each lock has a unique serial number and must be returned at the end of the year. If a student does not return the lock upon check out they will be responsible for the cost of the lock.
- If a student uses any other lock, the lock will be cut off.
- Students are **not** to share their lockers or combinations with anyone. All items in the locker room must be locked in a locker. Backpacks will not be permitted in the PE area.

Electronics:

- Electronic use in all classes is at the discretion of the teacher.

Tardies:

- Students are expected to be in the locker room when the tardy bell rings and then seated on their roll call numbers 10 minutes after the tardy bell rings.

Grading:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
59% -below	F

Contact:

If you need to contact a teacher, the best way to reach us is by e-mail: sondra.garness@puhsd.org; bert.esposito@puhsd.org, juan.merida@puhsd.org, cory.page@puhsd.org, katie.bradley@puhsd.org

My child and I have read the PVHS Physical Education syllabus:

Period: _____

Student Name (Print)

Student Signature

Parent/Guardian Signature

Date

