

ARROYO VALLEY



PHYSICAL EDUCATION

Boys Office:

Coach Delgado – avhspe.delgado@gmail.com

Coach Lucore – avhspe.lucore@gmail.com

Coach Smith – avhspe.smith@gmail.com

Girls Office:

Coach Hernandez – avhspe.hernandez@gmail.com

Coach Shearer – avhspe.shearer@gmail.com

Course of Study – The class allows students to be exposed to, and participate in a variety of health and skill related activities which may include, but are not limited to, conditioning, basketball, swimming, soccer, football, softball, hockey, tennis, and volleyball. Students will choose from activities in designated locations to increase participation.

Behavior/Discipline Policy – Each student deserves to have a safe and positive educational environment in order to facilitate maximum learning and participation. Therefore, behavior is an important aspect of all physical education classes. **POOR BEHAVIOR CAN LEAD TO A NON-PARTICIPATION AND POINT DEDUCTION.**

Standard Expectation -

1. Follow instructions the FIRST time they are given.
2. No play fighting.
3. No profanity.
4. No loud disruptive behavior.
5. DO NOT SHARE LOCKERS
6. Leave non learning materials in locker. (food, cell phone, scooters, and skate boards)
7. THE TEACHER AND SCHOOL ARE NOT RESPONSIBLE FOR ANY STOLEN MERCHANDISE!

Requirements -

1. **BE ON YOUR NUMBER BEFORE THE BELL RINGS!**
2. Students **MUST** change from school clothes (no over-dressing) to **PROPER** PE clothes every day to receive daily credit.
3. Remain in PE area assigned by the teacher throughout the class period.
4. Exit the locker room **IMMEDIATELY** after changing.
5. Students are NOT allowed in coach's office without permission.

Dress Requirement -

1. Students are **REQUIRED** to wear SOLID (no writing or designs) Grey T-shirts.
2. Students are **REQUIRED** to wear SOLID black athletic shorts (Black long sweats are acceptable)
3. Students are **REQUIRED** to wear athletic shoes.
4. NO OPEN TOED SHOES ARE ALLOWED (Flip-flops, sandals, sleepers, or boots)
5. All campus-wide dress code policies are enforced (i.e., no hats in class).

Medical Excuses – To be excused from PE a student needs to have a medical excuse from a Doctor. Students will be excused from physical activity, but are still required to dress.

Grading System – Students will earn 3 points a day. The 3 point breakdown is based on Attendance (1), Dress/Participation (1), and Conduct (1). This will make up 70% of your total grade, while Power Point Project will count for 20%, and Physical Fitness will count for 10%. .

Daily Points (70%) + Power Point Project (20%) + Physical Fitness (10%)= 100%

Locker Room – Each student will be assigned a locker. You are responsible for bringing a COMBO lock ONLY. Any other lock will be cut off. There is NO SHARING of lockers. Make sure you lock up all of your valuables in your locker, do not bring them out to activity area.

Extra Credit – To be offered at teachers' discretion.

Option #1 – Current Event. Using the newspaper, magazine, or internet, find a recent article (within the last month) related to physical fitness, nutrition and sports. Cut/Print the article out and attach it to a 1 page (typed) summary/personal reaction. Your summary must contain accurate facts and use correct sentence structure, spelling and grammar. The personal reaction should be your thoughts, opinions and reactions to the article and should be written in a clear concise manner.

Option #2 – Running. If you choose this option, it is up to your teacher how far and how many points will be awarded.

Discipline policy for Non-Dress –

1st non-dress – Warning

2nd non-dress – Warning/Parent Contact

3rd non-dress – Counselor Referral

4th non-dress – Vice Principal Referral

By signing and returning this syllabus, you are aware of the policies and procedures within the Physical Education department at Arroyo Valley HS. Please return this form to your teacher after you and your parent/guardian have signed it.

Student Signature

Date

Parent/Guardian Signature

Date