

Vista Heights Middle School

9th Grade PE Skills

Disclosure Document

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Course Description: This PE skills class runs for the first term of school and offers students instruction in lifetime activities and fulfills **one P.E. requirement for high school graduation.** Individual, dual and team sports activities are included, with the emphasis on activities offering lifelong participation opportunities. Physical fitness and proper nutrition are emphasized as necessary for maintaining good health throughout life, and physical activity is taught as a means of reducing stress.

Class Rules:

- No sitting on closed bleachers
- No hanging on rims
- Do not enter equipment room without permission.
- Take care of all equipment and return to storage room after use.
- No hats, beanies, or hoods to be worn in class
- No GUM, FOOD, or DRINKS
- String backpacks only allowed in the PE locker room. School backpacks must be left on PE storage shelves
- If you leave the gym or classroom you need to ask permission
- Zero tolerance for profanity
- No cell phones, headphones, or electronic devices allowed in class without permission. It will be confiscated and taken to the office.
- Absolutely no picture taking in the locker room!!!
- Do not change in restroom stalls

Course objectives:

- ❖ Students demonstrate knowledge of health related fitness and its contribution to a healthy lifestyle.
- ❖ Students demonstrate safe, responsible and social behavior in physical activity settings.
- ❖ Students will learn and develop motor skills in selected activities, games and sports.
- ❖ Students will perform to the best of their ability in skills tests and fitness standards.

Course Units: Fitness, tennis, archery, bowling, horseshoes, golf, land paddling, spike ball, cardiovascular training, and recreational activities.

Attendance and Grading: It is critical for your student to attend class regularly. 35 points are awarded each day.

- ✓ 5=pts on time
- ✓ 15=pts dressed properly (all or nothing)
- ✓ 15=pts participation
- ✓ Points will be deducted for behavior at the discretion of the teacher
- Your grade will be based on a total percentage of skills tests, written tests, and participation.
- Citizenship includes proper attitude, behavior, tardies, sportsmanship and appropriate language.
- Fitness Gram, mile run and outside of class assignments will be additional required participation points.

Grading Scale:

93 - 100 A	80 - 82 B-	67 - 69 D+
90 - 92 A-	77 - 79 C+	63 - 66 D
87 - 89 B+	73 - 76 C	60 - 62 D-
83 - 86 B	70 - 72 C-	59 - 0 F

**"You don't stop playing because you grow old
you grow old because you stop playing!!!"**

Uniforms: Students are not required to purchase the school PE uniform but they must provide their own **grey or teal** Tshirt and **black** shorts or sweats/leggings and gym shoes.

- **Grey or Teal** Tshirt (\$7 if purchased from the PE Dept.)
- **Black** gym shorts (\$8 from PE Dept.)
- Shorts length needs to be more than 3" above the knee.
- Sweats/leggings are optional. Jeans, pajama bottoms, and scrubs NOT allowed.
- Socks and gym shoes need to be on and tied before entering the gym.
- All uniforms must be marked with first and last name.
- For the safety of each student, hair should be out of eyes and NO jewelry or body pierced jewelry allowed during class.
- Uniforms will not be required until 1 week after entering class.

Loaner Clothes: If you forget your PE clothes loaner clothes are available to borrow 3x per semester. After the 3rd time borrowing you will lose dress points and if clothes are not returned, there will be a \$20 replacement fee. If students are caught borrowing or stealing clothes they will lose all daily points. It is the responsibility of students to bring their own PE clothing each day.

Lockers:

- LOCKERS WILL BE ASSIGNED. STUDENTS ARE EXPECTED TO KEEP THEIR LOCKER COMBINATION CONFIDENTIAL.
- MOST STUDENTS WILL BE SHARING LOCKERS.
- WE ARE NOT RESPONSIBLE FOR LOST, STOLEN, OR MISPLACED ITEMS OR CLOTHING.
- FINES WILL BE GIVEN FOR DAMAGE DONE TO THE LOCKER. WRITING AND STICKERS ON THE LOCKERS ARE NOT PERMITTED.
- CHANGING FROM SCHOOL ATTIRE TO THE P.E. UNIFORM WILL BE DONE IN THE LOCKER OR SHOWER AREA ONLY. THE BATHROOM STALLS ARE NOT FOR THE CHANGING OF CLOTHES.
- ALL PERSONAL BELONGINGS NEED TO BE IN THE LOCKERS DURING CLASS. BACKPACKS WILL BE KEPT ON STORAGE SHELVES NOT IN PE LOCKERS.

Roll call:

- Attendance is taken immediately after the tardy bell. Tardies will be recorded and deduct 5pts.
- Students will have 10 minutes to change at the beginning and end of class.
- 2nd roll call is taken at the end of class after students have changed.
- Students will lose all daily points if not at second roll call.
- Students must stay in roll call until the bell rings or they are dismissed.

Hygiene: It is important that students develop awareness for personal hygiene. P.E. clothes need to be washed weekly. It is recommended but not required that students shower at the end of class. Students may bring any personal items as long as they are in plastic bottles. Towels are provided.



Absences: Any time you are absent from class you will receive a zero until it is excused. Absences can be made up by obtaining an absence form from the locker room. A parent must call the attendance office to excuse the absence within 10 days and then sign the form and return to Coach Hancock. After 3 excused absences you must complete 1 hour of physical activity and turn in a makeup absence form. After 3 absences per term the most points possible will be 25 out of 35 points.

*Excused school activities DO NOT need to be made up with the exception of the mile or fitnessgram testing. Students are responsible for any quizzes, tests, notes, or any assignments they may have missed. Please notify Coach Hancock if you are missing points for an absence that was school excused.

A student may be excused from playing because of injury or illness if a note is provided from a parent, teacher or school nurse. If a student cannot participate for longer than two days, a note from a doctor is required. If the student is well enough to be in school, the student must dress out, but can be excused from playing with a valid parental note. An alternative assignment will be assigned to them and turned into the teacher at the end of class for participation points.

TO BE COMPLETED BY PARENT/GUARDIAN and STUDENT

Parents and students MUST fill out and sign the medical form information stating that they have read and understand the disclosure document. If a student does not turn in their medical form they may not be able to participate in PE activities, resulting in a deduction of participation points. It is very important that we are notified of any medical issues before allowing students to participate. Please return as soon as possible.

The medical form is due: _____



Skills / Fitness testing: Tests will be given throughout the semester to determine progress in fitness, activities and skills. The mile run will be done periodically. The mile run needs to be made up if it is missed during class or after school with the teacher. The Fitness Gram will be given to provide personal information to the student and to measure improvement from the beginning to the end of the grading period.

- Tests will be given at the completion of each unit to assess skills and knowledge. Study guides will be provided for each written test and a rubric for each skills test.
- You may retake a written test or skills test 1 time and I will keep the higher score.
- The second time you take a test you will only be allotted a grade as high as 80%
Ex:
 - 1st Test=67%
 - 2nd Test attempt=93%, but my grade will only be 80%

Supplies: PLEASE BRING YOUR UNIFORM AND A WATER BOTTLE TO CLASS EVERYDAY!!! THERE ARE NO WATER FOUNTAINS OUTSIDE AND STUDENTS WILL NOT BE ALLOWED TO LEAVE CLASS FOR WATER.

S.C.H.A.P.E.

SPIRIT=COMMUNICATION=HUSTLE=APPROACH=PRECISION=ENHANCEMENT