

MT EDEN HIGH SCHOOL PHYSICAL EDUCATION SYLLABUS/POLICIES

8/23/19

PE Required Uniforms and Supplies

1. Only **gray shirts** and **blue shorts** may be worn. **Your name**, and only your name, **must be on them**. In addition to the required shirt and shorts, sweats of any color other than red may be worn. See reverse side for more details.
2. PE shoes must be athletic shoes (laces, Velcro or slip-on athletic shoes)
3. Non-red baseball hats may be worn outdoors in PE. No beanies, bandanas, coats or sunglasses.
4. Sharing your PE uniforms is not healthy and therefore prohibited. Wear your own clothes!
5. If you forget to bring your clothes you may borrow PE clothes/shoes in the locker room. You may borrow clothes three times per quarter from the PE Department (Grades may be lowered).
6. **Any student who does not dress for PE, MAY NOT participate and will receive No Credit that day!** That student will still be required to walk the mile on mile days. Parents will receive a phone call the first time a student does not dress. The second time, per quarter, Administration will get involved.
7. Take your clothes home on Fridays so they can be washed.
8. **Each PE class may require a specific notebook.** Your teacher will explain these specifics during the 1st week of school

Punctuality

1. Locker room doors will lock when the bell rings. You must then hurry around to the back door to get in. Do not bang on the door if it is locked and you are tardy. If you are on time, do not open the door for those who are tardy.
2. Once the bell rings, you have 5 minutes to get dressed and be on your number. Use the 7 minutes passing period to get to the locker room early if you need more time. Excessive tardiness will result in a lower grade.
3. Students who are late to PE will not be able to get in the locker room to change into their clothes. It is recommended that students taking early morning classes have a 2nd pair of clothes available to them, so they can change on the way or in a school restroom if they are running late.

Grading

1. Unit Policy & participation 40%, Fitness activities 40%, Assessments 20%.
2. All **excused absences**, regardless of the reason, **must be made up**. This includes athletics, choir, band, field trips, religious observation days, and leadership commitments. Missing a block day= 2 days missed. Refer to the PE website for make-up assignments, or get them from your teacher. <http://mehs-haywardusd-ca.schoolloop.com/physicaleducation>. Up to 14 different make-up assignments are allowed per semester. After 14 days, your grade will start dropping. Please consult with your PE teacher and/or counselor to see if postponing PE to another year is in your best interest.

Safety

1. Phones may NOT be brought out to PE on ANY days! The only exception is when your teacher asks you to do so. **Lock** them up properly in your PE locker.
2. Backpacks, purses and jewelry must be **locked** in your locker and may not be brought out to class.
3. Food, candy, gum, water/Gatorade bottles etc. are not allowed in the locker room and may not be brought out to PE.

Lockers

1. All students must have their own combination lock. You will then be issued your own locker by the PE staff. You **may not** choose your own locker and you **may not** share with someone else unless authorized by your teacher.
2. The school is not responsible for items lost or stolen. Do not bring valuables into the locker room.

Medical Excuses

1. Students with a note from a parent due to illness is excused from participating the day of the note, but that student must dress in PE clothing, and must make up the participation part as described under Grading 2.
2. Students with a doctor's note saying "No PE" must dress in PE clothes and make up the missed activities as described in Grading 2. If you think you can still participate while on a doctor's note, the doctor must allow you an acceptable form of modified PE. This must be written on the doctor's note or on the Mt. Eden Modified PE form available from your teacher.

-----Detach here -----

IN ORDER FOR MT. EDEN'S PE STAFF TO PROPERLY CARE FOR YOUR CHILD, PLEASE LIST ANY MEDICAL CONDITIONS AND MEDICATIONS THAT YOUR PE TEACHER SHOULD BE AWARE OF. THIS FORM MUST BE TURNED IN BEFORE YOUR CHILD MAY PARTICIPATE.

Student's name: _____ PE Period: _____ Teacher: _____

Parent's name: _____ Signature: _____

Parent's phone number: _____ Email: _____ Languages spoken _____

Medical conditions: _____

Medications: _____

MILE TIMES AND GRADES FOR PE

<u>Boys times</u>		<u>Girls times</u>	
A	9:00 and below	A	10:30 and below
B	9:01-10:30	B	10:31-12:00
C	10:31-12:00	C	12:01-13:30
D	12:01-13:30	D	13:31-15:00
F	13:31+	F	15:01+

Courses

PE 1: This course will focus on **mechanics of body movement**, the **effects of physical activity on dynamic health**, and **individual and dual sports** such as: Tennis, Pickleball, Frisbee Golf, Badminton, Bocce Ball, Introduction to weights, Track, Table Tennis, and Bowling. **Also included is participation in state mandated physical fitness tests.**

PE2: This course will focus on expanding the content of **mechanics of body movement**, the **effects of physical activity on dynamic health**, and **team sports** such as: Basketball, Softball, Soccer, Speed Away, Flag Football, Volleyball, Ultimate Frisbee, Lacrosse, Hockey, Team Handball, Volley Tennis, and Kickball.

Weight Training and Fitness: This course includes content for developing skills and knowledge in weight training and fitness.

Mt Eden Physical Education Department Uniform Purchase Information

PE Uniform details:

You may purchase PE clothes and locks from the PE department (cash only, sorry no checks).

PE Shirt \$10 (sizes S, M, L, XL and 2X)

PE Short \$10 (sizes S, M, L, XL and 2X)

PE Master Lock \$5

*You may also obtain your own PE clothes and locks if you wish. Make sure the shirt is gray and the shorts are blue. Please buy a good COMBINATION lock! Cheap locks will break or possibly get tampered with. **No key locks! Combination locks only.**

*If you cannot obtain PE clothes and/or a lock please call or email the Physical Education Department Chair, Jeff Barnes. Phone: 510-723-3180 ex 62143 Email: jebarnes@husd.us . Students who do not dress for PE cannot receive PE credits and thus cannot graduate. You will receive phone calls when your student does not dress. Disciplinary action will be taken for those who choose not to dress for PE.
