

DRESS POLICY

All students must dress in complete P.E. attire daily to participate in class activities:

P.E. Uniform; Athletic Shoes & Socks

- ✦ Sweat shirts & sweat pants (red, white, black, or gray) are acceptable when cold.
- ✦ Write your first and last name in large letters on all P.E. clothing. No Sharing.
- ✦ Athletic shoes only (lace up with non-marring soles.)
- ✦ SWIMWEAR: Boys- Swim trunks (no cut offs, jeans or P.E. shorts in the pool).
- Girls- One piece bathing suit; a light colored T-shirt must be worn over any 2-piece swimsuit.
- ✦ Swim suits and towels are to be hung in the drying room each day after class.
- ✦ Dance & Aerobics- Teacher will make suggestions for any special clothing.
- ✦ LOANER CLOTHES are available for students who do not have their P.E. clothes. A MV student ID card must be given for the clothes and when loaners are returned, the ID will be given to the student.

✦ P.E. Uniform/Clothing

- ✦ Required: Shirt- \$ 10 Shorts \$ 10
- Optional: Sweatpant- \$ 15
- Sweatshirt (Crew) \$ 15
- Sweatshirt (Hooded) \$ 20

- ✦ Purchase items at the bookkeeper's window at break and lunch. Show receipt to obtain clothes in the PE facility. Financial assistance is available through the P.E. department.

LOCKER ROOM

Each student is issued a MVHS combination lock and locker.

- ✦ Any student causing damage to locks, lockers, the PE facility or equipment through carelessness, misuse, or willful destruction will be charged for damages and disciplinary action will be implemented. Students will be charged \$5.00 for a lost or damaged lock.
- ✦ The small locker assigned is for storing P.E clothes. Use the large locker with the corresponding number for your street clothes and backpacks during your P.E. period only.
- ✦ Items left in large lockers after each period will be removed and put in lost and found.
- ✦ No horseplay. Mature and appropriate behavior is expected at all times.
- ✦ Showers are available, but are not required. Towels are not provided.
- ✦ Please, no food, gum or glass containers in the locker rooms.
- ✦ Help with lockers & locker information is available in the P.E office. Present your student I.D card to get your combination from the PE staff on duty.
- ✦ Lost locks can be found on the swim cage
- ✦ The locker room & hallways are locked during class time. No one is allowed in these areas unsupervised.

- ✦ NO SHARING OF LOCKERS FOR ANY REASON
- ✦ NEVER SHARE YOUR COMBINATION.
- ✦ NEVER LEAVE YOUR LOCKER UNLOCKED!

ATTENDANCE

Students must be at first roll call when the tardy bell rings (block periods 1,2,3,4,6,7). After roll and class announcements you will be dismissed to the locker room.

- ✦ Any students that are late will receive lunch detention for the next school day.
- ✦ Students are given approximately 8-10 minutes to dress, use the facilities and report to second roll call.
- ✦ Absences must be cleared upon return to school with the attendance office.
- ✦ Make up work is available only for excused absences or tardies.
- ✦ See teacher for specific makeup requirements.

MEDICALS

Some classes allow a parent excused medical for up to 3 consecutive days. A doctor's note is required for any illness or injury longer than 3 days. See teacher for specific makeup requirements.

- ✦ A medical note will be given to teacher at first roll call with reason stated; date to be excused and parent name printed and signed.
- ✦ Student is expected to dress out and participate in activities appropriate for his/her condition.
- ✦ See teacher for specific makeup requirements.

PE 9 (required for all students)

The emphasis in P.E. 9 is to give the students a working knowledge of fitness principles, set up and maintain a daily fitness plan, and introduce a variety of activities that include:

Aquatics	Physical Fitness
Softball	Team Handball
Track/Field	Lacrosse
Ultimate Frisbee	Self Defense
Basketball	Soccer
Pickleball	Volleyball

• Each unit covers basic skills, rules, and strategies. The California State Physical Fitness Test will be administered during the spring semester.

• Competition is kept in perspective to provide a class atmosphere that is both positive and non-threatening for all students. Through the popular “Nighthawk Olympics”, each class has the opportunity to get to know one another, team build and play in a variety of non-traditional games and activities.

• Students are assessed on a daily basis using the following criteria:

- Attendance & Participation
- Social Skills/Attitude
- Fitness Improvement

• Each unit will have a written and/or performance based assessment. Students may be asked to keep a journal or daily activity log.

• All students must successfully complete fall and spring semesters of P.E. 9 to be eligible for enrollment in any P.E. II or III course.

PE II AND III

P.E. II and III classes can be taken in grades 10, 11, and/or 12 to meet the state and graduation requirement of 2 years. These courses expand the offering of individual, team, and lifetime sports. Strategies and skill improvement are emphasized so students can participate in and enjoy these activities throughout their lifetime.

- Aquatics (Red Cross Lifeguard, Water Safety Instructor certification)
- Aerobics
- Body Composition
- Dance I
- *Advanced Dance (UC/CSU Fine Art)
- Court Sports
- Racket Sports
- Recreational Lifetime Activities
- Team/ Field Sports
- Walking for Fitness
- *Spirit Squad
- Sports Medicine & *Advanced Sports Medicine
 - * Pre-Requisite or teacher approval required.



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HOME OF THE NIGHTHAWKS



GOALS

▸ **MOVEMENT SKILLS & KNOWLEDGE:** STUDENTS WILL DEVELOP EFFICIENT AND EFFECTIVE FINE AND GROSS MOTOR SKILLS AND UNDERSTAND THE FUNDAMENTALS OF MOVEMENT BY PRACTICING AND ANALYZING PURPOSEFUL MOVEMENT.

▸ **PHYSICAL FITNESS:** STUDENTS WILL DEVELOP AND MAINTAIN A LEVEL OF PERFORMANCE AND FITNESS TO MEET THE DEMANDS OF AN ACTIVE LIFESTYLE AND EMERGENCY SITUATIONS.

▸ **SELF IMAGE & PERSONAL DEVELOPMENT:** EACH STUDENT WILL DEVELOP AND MAINTAIN A POSITIVE SELF-IMAGE AND STRIVE TO BECOME THE BEST THAT THEY CAN BE THROUGH PLANNED PHYSICAL ACTIVITIES.

▸ **SOCIAL DEVELOPMENT:** STUDENTS WILL DEVELOP APPROPRIATE SOCIAL BEHAVIORS BY WORKING INDEPENDENTLY AND WITH OTHERS DURING PLANNED PHYSICAL ACTIVITY.

▸ **RECREATIONAL INTEREST:** STUDENTS WILL DEVELOP INTEREST AND PROFICIENCY IN ESSENTIAL SKILLS FOR SUCCESSFUL PARTICIPATION IN PHYSICAL RECREATION ACTIVITIES FOR A LIFETIME.