



ROLLING HILLS MIDDLE SCHOOL

PHYSICAL EDUCATION

SYLLABUS

The physical education program will empower the student with the ability to demonstrate, understand, and appreciate skills and wholesome behaviors that contribute to a healthy lifestyle.

1) WELCOME

A) The PE Department's philosophy is for our students to observe and experience a wide variety of lifetime activities. We strive to help students become aware of their own physical fitness and wellness in terms of cardiovascular endurance, muscular strength and muscular endurance, flexibility, body composition, and injury prevention. All of the physical education experiences will aid students in developing a positive self-image and motivation to seek individual excellence. We encourage students in their social development through the appreciation of individual differences and group cooperation.

2) CURRICULUM –STANDARDS BASED

A) The physical education program is divided into units; each unit is usually three to four weeks in length implementing the California State Physical Education Standards. The following are some of the activities that will be offered to help accomplish our philosophy and the district standards: aerobics, basketball, dance, disc sports, fitness, flag football, handball, street hockey, soccer, weight training, softball, track and field, volleyball and outdoor adventure.

B) Citizenship: Students are expected to be courteous, conscientious, punctual, and respectful of peers, teachers, administration, and support staff.

3) GRADING

A) Physical Education will be based on the 5 standards that represent the Physical Education Model Content Standards for California Public Schools:

1. Demonstrates motor skills and movement patterns
2. Demonstrates knowledge of concepts, principles and strategies of physical activities.
3. Assesses and maintains a level of physical fitness
4. Demonstrates knowledge of fitness concepts, principles and strategies.
5. Demonstrates and utilizes social concepts, principles and strategies.

B) Academic grades will be determined by class performance, written tests and assignments, skill evaluation, and social and personal behavior.

- Daily Learning Objectives- Each day will have a learning objective that will be worth 10 points.
- Weekly Assessments – Two assessments will be given a week in order to measure the progress of the student. Each assessment will be worth an additional 10 points.
- Unit Exams – At the end of each unit an exam will be given to assess the overall knowledge of the unit. Each exam will be worth 30 points.
- Projects – Projects will be given to work on both at school and at home. These projects will be worth 50 points.

C) Rubrics will be given and posted online in order to check how the students can reach their grade they desire for their Daily Learning Objectives and each type of assessment.

4) UNIFORMS:

A) Regular Rolling Hills Physical Education uniforms are available at the Rolling Hills office. The set is \$20.00 or \$10.00 for a shirt and \$10.00 for the shorts. Students are required to wear athletic shoes that tie and have laces.

B) In cold weather, a crewneck sweatshirt and/or sweatpants may be worn at the discretion of the P.E. Department staff. Sweatshirts and sweatpants must be gray or black. They must be plain (Minor labels, i.e. Nike, Adidas, etc. are okay). The sweatshirts and sweatpants can't have any pockets or hoods. The Sweatshirt must be used for PE only and should have your name. A PE Shirt must still be worn underneath the sweater.

C) Shorts must be worn at the waist. All students will be required to tuck the shirt into the shorts. Students will not be permitted to wear other articles of clothing underneath the P.E. clothes.

5) ZERO TOLERANCE FOR NON-SUITS:

A) Loaners will be given for the period and the student will have a lunch detention for forgetting their clothes. Forgetting clothes for the third time in a quarter will result in an after school detention.

6) LOCKS:

A) Students who wish to keep their clothes in a locker must bring a combination lock and sign up for a small locker. Students are not allowed to share lockers or combinations to guard against loss/theft. No key locks allowed. The P.E. department is not liable for lost/stolen clothes and/or personal items.

7) LOCKER ROOM:

A) USING THE LOCKER ROOM IS A PRIVILEGE. Responsible, respectful, and appropriate behavior is expected at all times. If a student is unable to act appropriately they will lose that privilege.

10) ABSENCES

A) When students are absent for any reason, they need to make up the work that was missed.

B) Each Absence requires a one page paper about topics listed on our school's Physical Education website. It can cover a wide range of topics covering Sports, Health and Physical Education.

D) If a student misses more than 5 consecutive days, the student is required to do a project to make up their grade.

12) TARDY POLICY

A) Students must be in line before the tardy bell rings. Students must be on their assigned seat number 7 minutes after the tardy bell rings. If the student fails to do so the student will be marked tardy.

13) DOCTOR NOTES/EXCUSES:

A) A signed and dated note from a parent is required to be excused for the day. A signed and dated note from a parent can excuse a student for up to 3 days. Parents need to include a phone number where they can be reached in case a note needs clarification.

B) A Doctor's note is required to be excused after 3 days.

C) Students will be expected to still dress out for class and work within their limitations.

15) A complete version of this syllabus will be available to parents at back to school night and on our school website. We can be reached by phone at 831-728-6341 and by e-mail at ashley_Denney@pvusd.net, kory_chavez@pvusd.net, rocco_costanza@pvusd.net.