

**CLAREMONT MIDDLE SCHOOL**  
**PHYSICAL EDUCATION**  
Class Syllabus 2019-2020

**PHYSICAL EDUCATION:** The ultimate purpose of physical education is to guide your child into being physically active for his or her lifetime. Students will participate in both individualized instruction and cooperative learning opportunities in regards to sports, exercise and health issues. By following all the proper procedures, instructions and behavior expectations, students will be able to participate effectively as positive team players, critical and independent thinkers, problem-solvers and active life-long learners.

Throughout the year we will:

- ❖ Develop sportsmanship, leadership skills and teamwork building
- ❖ Study the 5 Elements of Fitness- Flexibility, Muscular Strength, Muscle Endurance, Aerobic Capacity, and Body Composition
- ❖ Improve physical fitness levels
- ❖ Gain knowledge about proper nutrition and diet
- ❖ Develop lifelong health and fitness habits and goals
- ❖ Build character and social-emotional responsibility
- ❖ Have Fun!

Some of the units covered this year will be:

**Team Sports:** Basketball, Football, Soccer, Softball, Ultimate Frisbee, Volleyball, Lacrosse

**Racquet/ Club Sports:** Badminton, Tennis

**Movement:** Running, Muscle Building, Dance, Yoga, Dynamic and Static Stretching, Conditioning Training

**Combat sport:** Jiu-jitsu (7th and 8th grade only)

California State Learning Standards: Each student at Claremont Middle School will be given opportunities to meet or exceed the learning standards for Physical Education as specified by the state of California:

- ❖ Demonstrate motor skills and movement patterns needed to perform a variety of physical activities
- ❖ Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- ❖ Assess and maintain a level of physical fitness to improve health and performance.
- ❖ Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- ❖ Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

**RULES:** Students are expected to show PRIDE by acting in the following ways.

**P = Positive**

- I cheer on my classmates. I include everyone on teams. I am open to trying new sports or exercises.

**R = Respectful**

- I am silent and keep my eyes on the speaker. I raise my hand if I have a question. I stay in control of my body. I treat the equipment carefully.

**I = Independent**

- I change into my PE clothes every day. I follow directions the first time.

**D = Determined**

- I fully participate in each exercise, drill, and game. I try again if I don't get it the first time. I never quit.

**E = Empowered**

- I ask questions if I need clarification. I do the best I can. I help my classmates to try their hardest.

**Dress Code and Required Materials:**

- ❖ Students are expected to attend every class with proper materials for participation.
- ❖ ***Students are expected to change into a P.E. uniform everyday they have a P.E. class. This includes proper athletic footwear!***
- ❖ ***Wearing any P.E. clothing over non-athletic articles of clothing such as jeans, pants, non-athletic shorts of any kind, polo shirts, blouses, dress shirts, button up shirts, collared shirts will result in a ZERO for the day!***
- ❖ ***Covering up your non-athletic clothes with your P.E. clothing will result in a ZERO for the day!***
- ❖ ***Athletic shoes at all times must be worn during class. NO EXCEPTIONS! Student will sit on side not participating and have points deducted for that day.***
- ❖ P.E. uniform consists of any Claremont purchased gear, any gray t-shirt with athletic brand logo only, any color Claremont t-shirt, black or gray shorts, gray or black sweatpants, and athletic shoes and socks.
- ❖ Students who do not attend class with their entire P.E. uniform will not receive full credit and will be allowed to participate with the proper athletic shoes.
- ❖ Non dressed students will be allowed to participate with proper athletic shoes and receive a low passing maximum of 3 points for the day.
- ❖ Excessive suit cuts or excessive non-participation will negatively affect your P.E. grade. A discussion with a parent/ guardian must be had with your teacher to excuse prolonged non-dressing.
- ❖ On cold weather days, students are allowed to wear long sweatpants and long sleeve sweatshirts that are black without graphics. Long sleeved shirts or sweatpants are allowed over an existing PE uniform.
- ❖ Students are required to have their PE journal and pen or pencil.
- ❖ Students are required to have a combination lock for their locker. All backpacks, electronics, food, and other materials must remain in the locker during the period.

***Bringing a backpack to class will result in a deduction of points for the day!! Lock it up in your locker!!!***

**Hygiene:**

Students should be aware of and practice good hygiene habits. Students can bring a hygiene kit that includes:

- ❖ Deodorant, second set of gym clothes, towel (if desired)

**P.E. Food and Drink policy:**

- ❖ There will be no food, sunflower seeds, drinks and gum allowed in the gym, in locker rooms or on the turf!! Students eating in these areas will receive an automatic **ZERO** for the day. There is absolutely no gum chewing in P.E. class inside or outside!! No exceptions. Automatic **ZERO** for the day if you are not able to abide by the policy.
- ❖ Students are allowed to bring a water bottle that can be set off to the side of play when outside and outside the gym doors when class is in the gym

**Grading Policy:**

Students total grade for each day will consist of dressing in P.E. gear, participation, and sporting conduct.

Dress = 2 points

Participation and sporting conduct = 3 points

**Grade for the week:**

A = 25 - 23

B = 22 - 20

C = 19 - 17

D = 16 - 14

F = 13 - 0

**Policies on excusing students from P.E. Activities:**

Claremont Middle School Policy states that all students who are physically capable of doing so shall participate in physical education class. If a student has any kind of running or exercise limitations, such as asthma or Osgood-Schlatter, that student needs to have current medical documentation filed in the main office or with his/her P.E. teacher. Documentation must be updated each school year.

**Parent/Guardian Notes:**

A note or phone call from a parent/guardian will excuse a student from class participation or changing:

- ❖ Notes should include: student's name, date, number of days to be excused, reason for the excuse, parent/guardian signature, contact phone number and any modifications that can be made or ways in which the student can still participate (i.e. – Right arm is injured,

but still able to run and use left arm). Notes must be presented to the teacher before class starts on the day of the illness.

- ❖ Student will be assigned a written assignment to make up excessive days of no physical activity to maintain their grade for the class.
- ❖ Students are still required to change into their P.E. uniform even if they have a note.
- ❖ Students will be expected to participate when no written excuse is presented.

**Doctor's Note:** If a student needs to be excused for more than 3 days, they must bring a note from the doctor:

- ❖ Doctor's notes should include: student's condition, restrictions/ limitations, modified activities allowed (i.e. can bounce ball right-handed, but not with the left), and the duration of the limitations.
- ❖ The doctor's note needs to be presented to the teacher before class starts, as well as to the front office.

**Lost and Found:**

P.E. clothing and personal items are often lost when students: leave clothing/ belongings on top of benches or lockers, do not securely lock their lockers, tell other students their locker combination, or do not properly label their clothing. If something is lost, it is the students' responsibility to check daily in the designated locker room 'lost and found'. After 2-weeks of an item not being claimed from the locker room 'lost and found', it will be moved to the main office 'lost and found'.

***The P.E. Department is not responsible for lost or stolen items.***



**Thank you,**

**Claremont Middle School Physical Education Department**