



COURSE DESCRIPTION:

In Physical Education, the students will demonstrate skills to perform in a variety of physical activities and/or sports. The students will also demonstrate knowledge of rules, concepts, and strategies used in performing physical activities. The students will monitor their physical fitness levels throughout the school year via our Individual Fitness Sheets.

GOALS AND OBJECTIVES:

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

PHYSICAL EDUCATION UNIFORM & DRESSING POLICIES:

- ❑ Physical Education Uniform
 - Columbia Blue Titan Physical Education T-shirt
 - Black Titan Physical Education Shorts
 - Athletic Shoes (must tie) are required!
 - Please consider the safety and support of the student's feet, ankles, and body during exercise and movement.
 - Crocs, slides, flip-flops, slippers, boots, heels, platforms, Yeezy shoes, or other shoes of this sort are not athletic wear, are not acceptable wear for PE, and will result in a loss of all physical activity points for the class day and the student will not be allowed to participate.
 - **Optional Clothing:**
 - Titan sweatshirt and Titan sweatpants (go over the t-shirt & shorts)
 - Plain light/Columbia blue, grey, or black T-shirts - labeled with the student's name and only used for PE
 - Plain black shorts or leggings with NO pockets
 - Any non-HMS apparel may have logos that are less than 4 inches in diameter or fit within a 4-inch square.
 - The student must change out of the clothing that they wore to school and must wear a designated PE uniform. (For example, the student cannot wear the grey t-shirt that they wore to school that day as their PE uniform).
 - Students may not wear clothing inside-out or backwards.
 - Students may not overdress (wear their PE clothes over their school clothes).
 - Sleeveless shirts and/or tank tops are not acceptable.
 - All clothing must fit within the school-wide dress code policy.
 - **The student's name must be clearly written on the front of their PE uniform.**

NON-SUIT POLICY

- ❑ Dressing in the Titan Physical Education Uniform is not part of a student's grade, it is an EXPECTATION! If a student is not in the appropriate physical education uniform, then they will participate in the activities but will lose 3 out of the 10 possible points for the day due to not being prepared for class.
- ❑ A 15-minute detention will be assigned to students not dressed appropriately for PE.

OTHER REQUIRED MATERIALS (UPON REQUEST):

1. Chromebook/School-issued tablet
2. Writing Utensil & Paper
3. Student Planner when requested **and** when not appropriately dressed for PE

GRADING & ASSIGNMENT PROCEDURES:

- ❑ School-wide Scale:

90	-	100	=	A
80	-	89	=	B
70	-	79	=	C
60	-	69	=	D
0	-	59	=	F

- ❑ Turning in assignments:
 - Assignments will be turned in via Google Classroom unless noted otherwise.
 - Due dates for assignments are posted in the google classroom and should be adhered to.
 - Any paper assignments are to be turned in at the beginning of the class period in a designated area.
- ❑ If for some reason the student is unable to complete an assignment by the due date and time, then the parent/guardian needs to communicate with the teacher *prior* to the due date of the assignment via email.
- ❑ Late Assignments:
 - Late assignments will not be accepted, unless the student had an excused absence* or the *parent/guardian* has contacted the teacher via email with a valid explanation as to why the student was unable to complete the assignment prior to the due date of the assignment. In the case of an excused absence, the student will have two (2) school days to complete and turn in the assignment.
*Excused absences are defined by the education code.
- ❑ Extra Credit is generally not given. In the case that it is, the same rules apply as "turning in assignments." Late assignments will not be accepted, even in the case of an excused absence.
- ❑ Positive rewards (Titan tickets, free dress pass, activity pass, fitness test pass, etc.) may be given out to students who display great effort and/or behavior.
- ❑ Participation is essential in Physical Education.
- ❑ Tardiness:
 - Tardiness is unacceptable; points may be deducted from class participation and/or detention may be assigned for repeated offences.
 - Students who are tardy and/or miss 20 minutes or more of class will be expected to complete an absence make-up assignment.

- ❑ Percentages that comprise Grade** (see box). Please note that grading is subject to change based on the needs of the class, teacher, school, or other entities that may or may not be known to us at this time.

75%	Daily Points (10 points per day) <ul style="list-style-type: none"> ❑ 5 – Warm-up and/or Cool-down Activities ❑ 5 – Participation/Effort in class drills or the main activity <p>*Students not wearing proper shoes will not be allowed to participate in class and will earn 0 points for the day.</p> <p>*Mile Run and PACER Test days will be double point days (20 points), only 10 of these points may be made up via a Fitness Friday or Absence Make-up Assignment.</p>
25%	Classroom Assignments & Other Activities – Points will vary per assignment. Including, but not limited to: <ul style="list-style-type: none"> ❑ Passing Scores based on FitnessGram Standards (Standards are based on gender and age as of March 15, 2024, when we begin the state mandated fitness testing). ❑ Fitness Monitoring ❑ Improvement on Fitness Tests ❑ Individual Fitness Sheets (IFS) ❑ Written (cognitive) Assignments ❑ Worksheets ❑ Projects ❑ Quizzes ❑ Google Classroom Assignments

ABSENCES:

- ❑ In the case of an absence, the parent/guardian must email both the teacher and the attendance clerk.
 - ❑ Attendance Clerk: ashley.pera@wccusd.net
- ❑ Excessive absences can affect a student's grade in a negative way, which may include being dropped from a course after fifteen (15) absences in a semester (school-wide policy).
- ❑ In the case of an UNEXCUSED ABSENCE, the student will lose all possible points earned for that day. They will not be given credit or allowed to turn in any work that is due, nor may they make-up any work that was assigned on the given day(s).
 - Absences are considered unexcused until the teacher receives a note or email from the parent/guardian.
- ❑ In the event of special circumstances, individual consideration, exceptions, and/or arrangements may be made with the teacher.
- ❑ Any absence that is 5 days or longer needs to be prearranged with the attendance clerk and an Independent Study Contract will need to be completed at least 72 hours prior to the student's departure. Please notify the school at least 2 weeks in advance of the planned absence.
- ❑ Daily Points may be made up by attending a Fitness Friday or completing a written Absence Make Up Assignment. See the section titled "MAKE-UP POINT OPPORTUNITIES FOR ABSENCES, NON-SUITS, or MISSED TESTS."

EXCUSED PARTICIPATION (PARENT OR DOCTOR NOTES):

- ❑ *An email or written note from the parent/guardian must be sent to the teacher PRIOR to the start of the class session if the student is injured or ill and unable to participate in the physical activity for the day. It is the **STUDENT's** responsibility to request the assignment at the beginning of the class period.*

- ❑ Notes must include:
 - Student's FIRST and LAST NAME
 - DATE(S) to be excused and DATE ISSUED
 - MEDICAL REASON
 - PARENT/GUARDIAN and/or DOCTOR SIGNATURE
 - PHONE NUMBER
- ❑ PARENT/GUARDIAN NOTE:
 - A parent note is good for 1-3 days and must specify the length of time or will be considered an excuse for 1 day only. Anything beyond three (3) class days requires a doctor's note.
 - The note is due the day of non-participation and must be received by the teacher prior to the start of the class session.
- ❑ DOCTOR'S NOTE:
 - Doctor's notes should be specific in stating what a student is capable or incapable of physically doing and should specify a length of time that the student has limited participation in PE.
 - Student will be excused from dressing and participating in physical activity.
 - An alternative written assignment will be given. It is the **STUDENT's** responsibility to get the assignment from the teacher on a daily basis PRIOR to attendance being taken.
 - The in-class written assignment is to be completed by the student each day. The assignment should be retrieved from the teacher prior to the start of class and turned in at the end of the class period.

MAKE-UP POINT OPPORTUNITIES FOR EXCUSED ABSENCES (2 OPTIONS):

1. WRITTEN MAKE-UP ASSIGNMENT –
 - Posted in their google classroom and on my website.
 - A hard copy may be retrieved from the red folder outside my office door if they do not have access to a printer at home.
 - A copy of the article read must be attached and the assignment is to be completed within 1 week or 5 school days of their return to school.
 - A copy of the article must be attached to the assignment.
2. FITNESS FRIDAY! - Students who lose points due to not being dressed appropriately for PE, may attend a make-up session on designated Fridays after school from 2:45-3:15 PM.
 - A student may make up a maximum of 10 points (3 non-suit days @ 3 points each, 1 non-shoe day @ 10 points, or 1 absence @ 10 points) in one after-school session.
 - Students must dress appropriately in their PE uniform to earn credit at Fitness Friday.
 - The last Friday of a grading session (quarter end) will be the last opportunity for a student to make-up points for the given quarter.
 - The student must be on time and prepared, stay for the entire 30 minutes, and complete the workout as instructed by a PE teacher (it may or may not be the student's actual PE teacher but any of the PE teachers conducting the workout).
 - Students are to meet in the gym from 2:45-3:15 PM. Late students will not be allowed to participate.

MAKE-UP FOR MISSED FITNESS ASSESSMENTS:

1. MAKE-UP MONDAYS will be hosted on designated Mondays for students to make-up any *missed* fitness tests for the given quarter. Students must report to the gym by 2:45 PM.

GENERAL CLASS & PE AREA RULES:

In addition to the school rules/norms stated in the student planner and handbook, the following rules also apply:

- ❑ SAFETY FIRST – ALWAYS!
- ❑ RESPECT yourself, others, and all property and equipment!
- ❑ Take RESPONSIBILITY for ALL of your actions and words!
- ❑ Titan Values – Be KIND, Be RESPONSIBLE, Be SAFE!
- ❑ Electronic devices are not allowed anywhere in the PE facilities, including but not limited to the locker rooms, restrooms, gym, blacktop, or quad. Phones that are seen by an adult during PE will be confiscated and held for the remainder of the school day.
- ❑ Students who are tardy to class may not enter the locker rooms at the beginning of the class period; they must wait for a teacher to open the side doors of the gym nearest the blue top.
- ❑ At the end of the class period, after changing into their regular school clothes, students are to wait inside the locker rooms, and exit through the back doors when the bell rings or are instructed to do so. Students are not allowed to exit back through the gym.
- ❑ Restroom use during PE
 - Generally speaking, the restrooms in the gym are open at the beginning of the class period and should be used during the 5-minute dressing time.
 - Students are to ask permission from their teacher to use the restroom and use the designated pass.
 - Observe the 10-10 rule (school-wide policy), except when in the gym at the beginning of the class period.
 - 3 people maximum inside the restroom,
 - Restrooms are not used for changing in or out of the students PE uniform and/or clothing.
 - Fragrance (perfume) sprays, deodorant sprays, lotions, and ointments are not allowed anywhere in the locker rooms, restrooms, or gym areas. We have several students with severe allergies and who get migraines from such fragrances. Lotions and ointments also create a slipping hazard when they spill on the floor. This is also a district rule.
 - Food, gum, and beverages besides water are not allowed in the locker rooms, gym, restrooms, or any PE area.

PARENTSQUARE:

ParentSquare will be used for mass communications from the teacher to student families. Please make sure to create an account and download the app to receive these messages.

PARENT NOTIFICATION:

Any student who is in danger of failing a course (grade below a “C”) will have parent notification via the progress reports (school-wide policy). The parent and student are responsible for checking in both Google Classroom and PowerSchool on a regular basis for grade updates.

QUESTIONS AND/OR CONCERNS:

If questions and/or concerns should arise regarding your child and/or the class, please contact the teacher first so that we may collaborate to resolve any concerns. Please allow 2 school days to get a response. Also, my teacher website has an abundance of information in which you may want to reference.

Website: www.wccusd.net/domain/1264

Email: ccolliver@wccusd.net

OTHER NOTES:

The syllabus is a living-document and may be altered throughout the year. We will all do our best to stick to what is stated, but know that we all must have some flexibility due to unforeseen circumstances or issues that may arise at any point during the school year.

PARENT REVIEW CONFIRMATION

**Hercules Middle School
Physical Education Course Syllabus
Ms. Colliver
2024-2025**

I have read the Physical Education Course Syllabus and reviewed the google slides presentation for virtual meeting expectations. I have reviewed the syllabus and google slides presentation with my child. We agree to abide by the standards and procedures set forth to the best of our ability.

PLEASE WRITE CLEARLY

STUDENT NAME (please print): _____

STUDENT SIGNATURE: _____ **DATE:** _____

GRADE LEVEL: 6 7 8 **PE CLASS PERIOD:** 1 2 3 4 5 6 7

PARENT/GUARDIAN NAME (please print): _____

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN CONTACT INFORMATION:

HOME PHONE: _____

CELL PHONE: _____

E-MAIL: _____

PARENT/GUARDIAN NAME (please print): _____

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

PARENT/GUARDIAN CONTACT INFORMATION:

HOME PHONE: _____

CELL PHONE: _____

E-MAIL: _____

PLEASE COMPLETE THE BACK SIDE OF THIS FORM.

THIS 2-SIDED FORM MUST BE RETURNED TO THE TEACHER.

Please list any important information that the teacher should know about your child (takes asthma medication, allergies to bee stings, physical impairments, mental impairments, learning disabilities, etc.) Please include information that will be helpful to the teacher in assisting your child.

If you cannot afford a PE lock and/or PE clothes, please contact Ms. Colliver via email or send a hand written note with your child.