Mendive MS Physical Education



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Mendive PE website – [www.washoeschools.net/mendivepe](http://www.washoeschools.net/mendivepe)

Welcome to PE! We are excited to have you in our class. We are so glad to have all of our students in school with us!

**Health and Safety in PE**

We will continue to follow the health and safety protocols set by our school district. Safety and sanitation regulations will be encouraged.

**Course Description**

This course provides students with the opportunity to learn a variety of sports and sport related movements as well as health and fitness concepts. Health topics relate to nutrition, fitness health and wellness. Emphasis is placed on active participation and positive social interaction during fitness and sport activities.

**Goal**

The goal of our physical education at Mendive MS is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity. To fulfill a lifetime of physical activity, a physically literate individual:

• Has learned the skills necessary to participate in a variety of physical activities;

• Knows the implications and the benefits of involvement in various types of activities

• Participates in regular physical activity;

• Is physically fit;

• Values physical activity and its contribution to a healthful lifestyle

**Accessibility, Equity and Inclusion**

We strive to achieve educational equity to give each student opportunities to learn and develop to their fullest potentials. As physical educators, we will foster a culture of acceptance and belonging for all students.

**Academic Grade**

Student grades will be based on daily participation, dressing out, and end of the quarter physical assessment.

**Participation**: Your grade will reflect your daily participation. 5 points per day. Students will be expected to do moderate running, stretching and conditioning exercise for proper warm-up and conditioning. Students will also participate in a wide variety of individual and team sports and games. All students are required to participate in ALL warm-ups, conditioning, drills and class activities. Participation is evaluated primarily by the observation of the teacher.

**Dressing-out**: Students must be dressed in the proper PE uniform 3 days a week to get maximum 5 points per day.

**Non-suit policy**: (Based on quarter grade)

* 4 Non-suits: Grade no higher than a “B”
* 6 Non-suits: Grade no higher than a “C”
* 8 Non-suits: Grade no higher than a “D”

(1) One Non-suit: Warning (please see IC for number of non-dress accumulation)

(2) Two Non-suits: Warning (please see IC for number of non-dress accumulation)

(3) Three Non-suits: Warning (please see IC for number of non-dress accumulation)

(4) Four Non-suits: Student grade will be no higher than a “B”

(5) Five Non-suits: Lunch Detention

(6) Six Non-suits: Student grade will be no higher than a “C” and Lunch Detention

“Borrow” PE clothes will be available for students. Students that borrow PE clothes will receive a lower grade.

Please encourage your son/daughter to bring their PE clothes to school at the beginning of each week. Students bring their clothes home on Thursday or Friday to be laundered.

**Assessment**

Practical test (skills) and/or written tests may be given at the end of each activity unit. Physical Fitness tests are given at the end of each quarter. Your assessment grade is based on individual improvement.

**Method of evaluation**

\*To receive the maximum number of daily points, it is necessary to:

1. Bring all necessary materials to class. (Including student ID and agenda book)

2. Participate fully in all class activities.

3. Display maximum effort.

4. Follow all class rules and procedures to ensure safety for all.

5. Cooperate fully with instructors, peers, and substitutes.

**Behavior Grade**

A positive attitude and good effort are displayed by the student during the entire PE class. Good sportsmanship and cooperation with teacher and peers are displayed in all activities.

**Attendance**

Students will be marked by their physical attendance.

**Absence policy**

If a student is absent, they must complete the PE make-up form. This form needs to be filled out, signed by a parent and returned to their teacher. Forms are available from your teacher upon return AND you can also find the PE make-up form on our website.

**Medical excuses**

Occasionally a student may need to be excused from participating in class due to a serious injury or illness. When a minor injury or illness occurs and you feel it would be in the best interest to avoid strenuous activity for that day, a parent note will be accepted. Students who will miss three or more days of activity need to provide a written physicians statement indicating the injury or illness and the duration of the restriction. Students out on extended medical leave may be subject to a written assignment.

**Materials needed**

Along with their PE uniform, students should also wear appropriate footwear on the days they have PE.

**Additional information**

**-**PLEASE BRING A WATER BOTTLE (labeled with your name) TO SCHOOL. Staying hydrated is important!

-We will be outside as much as possible this year, all year. On the days you have PE at school please wear appropriate clothing for the current weather conditions. (we do have sunscreen stations at school)

-Please follow all gym, field and locker room rules.

-The PE areas are GUM-FREE, SODA-FREE, and FOOD FREE areas.

-Inappropriate language and/or behavior will result in lunch detention, parent/guardian notification or removal from class.

\*Please reference our website for more information on PE, sports and athletics. Email us anytime with any questions or concerns. We will send out a weekly infinite campus messenger as a form of communication with our families.

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HOMEWORK

Please fill out, sign, and return indicating you have read and understand the policies and procedures for Mendive PE. Thank you!

Student name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PE period:\_\_\_\_\_\_

PE teacher (please check): Mr. Williams

Mrs. Verdi

Parent/Guardian Contact Information:

Email address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_