



Physical Education

Core Class Syllabus and Course Expectations

GENERAL PROCEDURES / GUIDELINES

Physical Education is a daily participation class. Participation in PE can be rigorous. Daily participation, effort, consistency, adherence to the syllabus, sportsmanship and improvement in activities will be used to calculate the student's grade.

Students will abide by the following general guidelines:

- One (1) student per locker
- Students will purchase a school issued lock (\$5.00)
- NO ELECTRONICS of any kind allowed in locker rooms or in class
- No gum in class or locker room
- No food of any kind in class or locker room
- No sharing of clothing/ uniform
- Student is liable for damaged or lost equipment
- Students will bring a towel to class

Locker Room Behavior: Students are to conduct themselves in a mature and respectful manner. Horseplay, screaming, throwing things, hiding others belongings, etc... will not be tolerated in the locker room. Students can receive a referral and/or suspension for such infractions.

Vandalism/ theft of any kind will result in suspension and possible police intervention.

ATTIRE

PE clothing must allow for freedom of movement and safety of the participants. In order to provide a consistent, effective, and safe PE program ALL PE ATTIRE MUST BE NON-RESTRICTIVE. Any type of street clothing is considered RESTRICTIVE (jackets, sweaters, jeans). Sweats are the ONLY acceptable attire for additional warmth.

T-Shirts: All Freshmen and Sophomores will wear a HMB Physical Education regulation T-Shirt. Uniforms may be purchased at registration/schedule pick-up, in August. ALL students must have their T-Shirt by the first week of school. PLEASE, DO NOT WRITE in the area designed for your name.

Shorts or Sweatpants: Must be black or grey. No commercial logos. Clothing must fit properly at the waist. May not be worn as "sags" or low around the hips.

Shoes: Gym or tennis shoes ONLY. Street shoes, hiking boots, or ANY hard soled shoes restrict foot movement and will damage the gym floor.

Socks: White only.

PE MEDICAL PROCEDURES

1-3 Days: Students bring a written note from a parent or guardian stating the reason for the medical excuse. The note must contain a parent or guardian day time phone number for verification. The student will dress for class and bring the note to roll call.

4 or more days: The student must have a doctor's verification with expected date of return. Please have your doctor fill out the Doctor's Medical Release Form. You may obtain this document from your counselor, PE teacher or off the school website.

DRESS CUTTING PROCEDURE

Dressing for PE is an essential part of the class. Students who do not dress for PE will not be allowed to participate in that day's activity. It is important for a student to understand that unrestricted movement and basic hygiene are a vital part of their participation and education. Students should refrain from sharing clothing as well as dress cutting. Students who dress cut regularly could receive: parental contact, detention, and/or suspension.

PARTICIPATION

Physical Education is a daily participation class. If the student misses **10 days** of class, for ANY reason (excused, unexcused absences, medicals, suspensions, school activities), the result will be a drop of one letter grade. After **13 days**, another letter grade will be dropped. At **16 days** (as per District Policy) the student will receive an F and will have to make up the course. All absences and medicals may be made up during Early Bird PE (6:50 – 7:40 am) at the teacher’s discretion. Make arrangements with your teacher before attending Early Bird class.

MAKE UPS

Students **CANNOT** make up dress cuts. . Student may make up, at their request and at the teacher’s discretion, **medical, suspensions, or excused absences** in zero period. It is up to student to know if he/she needs to make up days. Once the quarter is over, it’s too late. Due to time restraints, and because zero period is by choice and a privilege, **there are no make up sessions for zero period classes.**

GRADE BREAKDOWN

<i>Point Breakdown:</i>	(10 points available per day)	Points/Day
1. Citizenship	Examples: Behavior, no use of profanity, proper conduct and sportsmanship, proper uniform, coming to class on time, abiding by all previously requirements	+ 4 points
2. Participation	Examples: Wearing full uniform, daily activity/ run, calisthenics, maintaining a high standard of performance	+ 6 points.
<i>Remaining Class Requirements:</i>		
3. Fitness Score	+ 70 points	
4. Showers	+ 1 point per shower	
5. Writing assignments/quizzes	Variable points	

Grading Rubric

A =	100% – 90%
B =	89% – 80%
C =	79% – 70%
D =	69% – 60%
F =	59% and less

“Half Moon Bay High School is committed to maintaining an atmosphere in which students develop the desire to learn by working in partnership with parents, staff and community.”

In order to meet this commitment, every student must be respectful of other students, of the staff and, therefore, of himself. The following rules are intended to help us all be respectful:

- *Use appropriate language. Swearing is not acceptable.*
- *Be courteous to everyone. Bullying, harassing and hurtful remarks are not acceptable.*
- *Be attentive to the teacher and other students.*
- *Be on time and come with your materials. Tardiness and absence will affect your grade. Be here and be ready to learn.*