

P.E. I Course Syllabus

Whitney High School

Mike Gimenez	mgimenez@rocklinusd.org
Anthony Muscarella	amuscarella@rocklinusd.org
April Steele	asteele@rocklinusd.org
Kari Ustaszewski	kustaszewski@rocklinusd.org
Kerianne Woods	kwoods@rocklinusd.org

Course Contents: Aquatic activities, volleyball, badminton, soccer, lacrosse, pickle-ball, dance, and fitness activities.

State Standards:

[California Physical Education State Standards](#)

Uniforms

PE shirts and shorts are sold the first week of school for \$25. Students may purchase them from the student store or bring their own plain maroon shirt and vegas gold shorts. Students may also wear black, grey, maroon, or gold sweats and sweatshirts. Students should also have shoes appropriate for physical activity.

Loaners

The WHS Physical Education department provides loaners to students who have forgotten their PE clothes. Students are allowed 3 "loaner days" per semester. Students must provide a teacher with their ID card to receive clothes. The ID card will be returned when the clothes are returned. After 3 days of loaners have been used, loaners may be issued to the student, but points will not be earned.

Locker Room

Students will be provided a lock and a locker. Lost locks will cost the student \$8 to replace, so please be responsible and keep your lock locked on your locker at all times. Students are responsible for keeping their belongings **locked up in their locker** during class time. The PE staff is not responsible for lost or stolen items. Lost and found items will be donated at the end of each quarter.

Grading and Correctives

Physical Education is a participation-based course where students earn points daily by coming to class on time, dressed in PE clothes, participating in all activities, and demonstrating appropriate behavior. If a student does not follow these guidelines they will not earn points. If a student is absent, they will not earn their points for the day, but they may make up their points by attending a corrective. Corrective opportunities will be offered throughout the year in class or during intervention. You can make up absences, tardies, miles, participation, and non-dresses. All missed and incomplete assignments will be dealt with through your individual teacher. All tests and assignments are essential skills. A student must pass a test or assignment with at least 70%, or will need to retake the test until a 70% is achieved. A student must pass a mile with 50% or better, or the mile will need to be made up. Please stay up to date with your Schoology gradebook and calendar. If there is an assignment that potentially conflicts with a sports match, please talk to your teacher ahead of time and be proactive!

Dress = 35%

Participation = 35%

Written/Skill Tests and Assignments = 30%

Parent/Doctor's notes

It is the understanding of the Physical Education department that if a student is well enough to attend school then he/she is well enough to participate in Physical Education. However, it is also recognized that there are legitimate reasons for being excused from physical activity. In order to be excused from class activities the student MUST bring a signed and dated note from the parent, explaining why the student is being excused. All notes must be presented ON the day of inactivity. A parent/guardian may also email the teacher to notify them. If the student needs to be excused for more than 3 calendar days, a doctor's note is required! This note must be on file with the PE instructor and health office. No more than one parent note per quarter will be accepted.

Students excused from activity will dress in PE clothes and participate as appropriate.