

2024-2025 Murrieta Mesa Physical Education Syllabus

PE Teachers:

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Murrieta Mesa High School

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Mission Statement: The Murrieta Mesa Physical Education Department is committed to providing a comprehensive and engaging physical education program that promotes the development of all students' physical, mental, social, and emotional well-being; giving them the knowledge and skills necessary to lead active and healthy lifestyles.

Goals and Objective: Provide a student-centered approach to create an inclusive and supportive environment that encourages a love for physical activity and fitness. Offer a wide range of opportunities for students to experience various forms of physical exercise, team sports, individual activities, and recreational pursuits; exposing students to diverse activities to help them find their passions and develop lifelong habits of regular physical activity.

Courses:

9th Grade

- Flag Football
- Soccer
- Ultimate Frisbee
- Pickleball
- Track and Field
- Frisbee Golf
- Softball/Over the Line
- Badminton
- Basketball

10th-12th Grade

- Team Field and Court Sports
- Recreational and Lifetime Activities
- Dance I and II
- Walking For Fitness
- Lifeguarding
- Body Composition
- Athletic PE

Expectations and Dress Policy:

- Students must dress daily in the appropriate Murrieta Mesa PE attire (grey t-shirt and green shorts)
 - Mesa athletic team apparel may be worn in Athletic PE classes only.
- Athletic shoes are considered part of PE uniform; inappropriate shoes will be considered a non-suit.
- Loaner clothes are available only 3 times per semester.
- Students may wear green, white, grey, or black sweatshirts or sweatpants over their PE uniform.
- Street clothes, dress/leather jackets, flannels, etc., are **NOT** allowed over or under PE clothes.
- Participation and completion of fitness activities and/or assignments for each class session.

Participation:

- All students are expected to participate to the best of their ability during every class session.
- Per district policy, a student may be excused from participation for one to three class sessions with a note of explanation from parent/guardian; students will still be expected to dress out.
- Per district policy, excused participation for more than three class sessions, a signed doctor's note must be provided; students will still be expected to dress out, unless an injury makes it difficult.
- All absences, excused or unexcused, need to be made up to receive missed participation points.
- Points deducted for undesirable behavior, unsatisfactory participation, non-suits, tardy, gum, phone, loaner clothes, and/or non-excused absences will **NOT** be allowed to be made up.

Make-Up Work/Policy: PE make-up assignments will be available via individual PE teachers, along with other alternative make-up assignments at the teacher's discretion. Please refer to individual teachers for instructions and options to submit make-up work for absences.

- Pride Period make-up will be worth 30 points.
- Unexpected long-term absences will be handled on an individual basis.
- Absences within the grading period can be made up during the same 6-week grading period only.
- This make-up policy may be reviewed and updated throughout the year.

Grading: Students grades are earned, not given. Each class period is worth 30 points. Daily grades will be determined by the following:

- Absence (excused or unexcused) = minus 30
- Non-suit = minus 15
- Tardy/gum/phones/earphones/ear buds = minus 5
- Loaner uniform = minus 5 (only 3 per semester)
- Undesirable behavior = loss of points (teacher discretion)
- Unsatisfactory participation = loss of points (teacher discretion)

30 total points = 15 participation points + 15 appropriate MMHS PE attire points

Lockers, Locks and PE Facility:

- All students will be issued a small locker and a MMHS lock to use for the school year. Personal locks are not allowed and will be removed.
- PE Lockers are for PE class use only. Students who are in athletics or an athletic PE class will have a locker in the team room during their athletic season and locker availability.
- Tall PE lockers are to be used during the PE period only. Items left in tall lockers and/or unsecured items will be removed and placed in the PE office. 5 Star disciplinary action will be taken (assigned detention and/or Saturday school) for repeat offenders.
- Small, assigned lockers are for the storage of PE clothes, shoes, personal belongings, etc., when a student is not in PE class.
- There is **NO** sharing lockers with other students. You must use your assigned locker.
- Horseplay and inappropriate behavior will **NOT** be tolerated.
- **NO** electronics or phones (headphones/ear buds) are to be used during PE, unless directed by individual teachers. Phones and listening devices must be put away before entering the locker room.
- **NO** pictures or videos are to be taken while in the locker room.
- Students will be held accountable for any theft, loss, or damage to school equipment or facilities.
- Students will be required to return their assigned MMHS lock at the end of the school year or pay a replacement fee of \$7.00.
- PE students are **NOT** allowed in the athletic training room at any time.
- PE students must enter and exit the designated doors or hallway in the locker room and PE area.
- Food and glass are prohibited in the locker room facility.
- Do **NOT** enter the coach's office unless given permission from PE department staff.
- Large or oversized bags/items may be accommodated. See locker room attendant.
- All locker room procedures and expectations are posted throughout the locker rooms.

Student Name: _____ Teacher: _____ Period: _____

We have read and understand the Murrieta Mesa Physical Education Syllabus along with student expectations for the class.

Parent Signature _____

Date _____

Student Signature _____

Date _____



PARENT / STUDENT CONSENT FORM

Our Signatures on this form are verification that:

☐ ☐ We have read and understand the guidelines, expectations, and behavior policy of the MMHS Physical Education Department and are expected to follow all guidelines and policies.

☐ ☐ We understand that using school facilities, locker room, and equipment is a privilege and *may be revoked* at any time for misuse or abuse.

☐ ☐ We understand that *disciplinary action will be taken* for failure to adhere to the PE Department and MMHS School expectations and policies.

☐ ☐ We understand we can find course information, policies, and make-up work assignments for all classes via individual PE teachers.

☐ ☐ We understand the PE courses are based on participation and attendance; therefore, being at school on time, dressed, and participating in all activities will ensure success in class.

☐ ☐ We understand any class missed due to an absence, illness, or medical reasons must be made up by the end of the current 6-week grading period.

☐ ☐ We understand there is a replacement fee for a lost or damaged MMHS issued lock of \$7.00.

☐ ☐ We understand the grade earned is determined by the following:

- Participation
- Appropriate PE attire
- Behavior, effort, and attitude

(Parents and Students initial each box above)

Please sign and return to your PE Teacher

STUDENT'S WILL:

- **Completely change out of school clothes and dress out in PE clothes approved for the specific PE or athletic PE class.**
- **Follow the physical education class dress code in the syllabus and in the Mesa Ram Tracks.**
- **Leave cell phone locked up in the locker room with all other personal belongings. If phone is brought into the class, it will be collected and sent to the office. Student/Parent will need to claim from office administrative staff.**
- **Use the bathroom before class at break or passing period; prior to taking attendance.**

STUDENT'S WILL NOT:

- **Demonstrate and/or participate in any other behavior to be deemed as inappropriate by the teacher at any time during the class; students will be subject to point loss.**
- **Be disruptive in class.**
- **Interfere with the learning process of other students in the class.**
- **Sit on anyone's lap during class.**
- **Hold hands during class.**
- **Wrap arms around another person in any way during class.**
- **Chew gum during class.**
- **Displays of affection with other students are not allowed during class.**