

Murrieta Valley High School

Course Syllabus

Course Title: Physical Education 9	Teacher Name: Freemer
A-G/UC/CSU approved: <input type="checkbox"/> YES <input type="checkbox"/> NO	Teacher email: amfreemer@murrieta.k12.ca.us
Website used: X YES <input type="checkbox"/> NO	Teacher phone: (951) 696-1408 x5270

COURSE DESCRIPTION:

Physical Education 9 is designed to teach the fitness principles that will enable students to develop a lifetime interest in exercise and fitness, thereby maintaining good health throughout their life. An emphasis will also be placed on interpersonal skills such as team building, respect, and encouragement.

COURSE CONTENT OBJECTIVES:

- Participation in conditioning exercises (flexibility & strength), runs (cardiovascular fitness), and class activities
- CA State fitness test in the spring
- 4-6 week activity units
- Learn basic skills, rules, and strategies

MAKE-UP WORK POLICY:

- For medical excuses and cleared absences
- Written assignments (summaries of articles or sporting events)
- Due before the end of the semester grading period
- Student will receive 0 participation points per day for each absence
- Once absence has been cleared with attendance, student may do makeup work to earn back a portion of their missed daily participation points

MVHS UNIFORM GRADING SCALE:

Plus or minus grades will be given: X YES NO

- Must dress out to earn points for the day (non-suit = forfeiture of points for the day)
- Points for warm-up/conditioning activities, daily runs (must meet minimum standard), and class activity (unit)
- 20 Daily participation points
- Points lost for tardies

A+	97-100
A	93-96
A-	90-92
B+	87-89
B	83-86
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	0-59

Murrieta Valley High School
Course Syllabus

GRADE CATEGORIES AND WEIGHTS:

Category	Weight
Push-Ups	2 points
Curl-Ups	2 points
Stretching	1 point
Running	5 points
Activity	10 points

ACADEMIC HONESTY STATEMENT

- No cheating on runs
- No plagiarism on make-up work

REQUIRED MATERIALS:

- MV PE uniform, MVHS team spirit pack, black shorts and grey T-shirt, athletic style shoes with socks
- Loaner clothes are available with ID card

CLASSROOM/BEHAVIORAL EXPECTATIONS:

- Dress out everyday
- Medical notes for medical excuses– parent 3 days, doctor for 3+ days – must still dress out, and participate to best of ability
- Be on time for roll call, on spot, ready to go
- Remain with class at all times for entire duration of the period (truancy if not)
- Follow directions from teacher, or any other adult
- Treat all equipment properly
- No food, drinks (except water), electronic devices of any kind
- Fully participate in all aspects of class to the best of your ability
- Good sportsmanship/teamwork

Haiku:

- Refer to Department PE9 Haiku page

Interventions:

- Nonsuits will be sent to dean of students
- Cheating on runs will be sent to dean of students
- Warning, removal from activity (with loss of points) parent contact, referral