

9TH GRADE PHYSICAL EDUCATION

This class is designed to teach the fitness principles that will enable students to develop lifetime interest in exercise and fitness to promote good health throughout their life. An emphasis will also be placed on intrapersonal skill such as team building and encouragement. **THIS IS AN ACTIVITY BASED CLASS. YOU MUST BE ABLE TO PARTICIPATE IN ACTIVITY TO GET CREDIT.**

ACTIVITIES



Daily Fitness Exercise

- * Volleyball
- * Pickleball
- * Basketball
- * Soccer
- * Benchmarks
- * California State Fitness Test*
- * Ultimate Frisbee
- * Flag Football *

Non-Suits

Gym clothing, athletic shoes that tie and support the foot, shirt and

shorts required for class participation. **NO tank tops.** **No Spanks.** A student not dressed as stated, will not be allowed to participate losing class points. A **non-suit is Minus 10 pts. & Saturday School.** Loaners are available 2 times per semester, with a **student I.D. Only!** Proper attire is required for personal hygiene, safety, injury prevention and flexibility for the activities.

Locker Room

- *Must purchase a lock from VISTA MURRIETA in order to check out a locker.
- *Backpack is stored in tall locker using lock purchased to lock things up during class ONLY.
- *PE clothes and supplies are kept in small assigned locker.
- *If you forget your combinations come into the office for help. After one week of locker use, there will be a 20 push-up fee in exchange for locker combination. **MEMORIZE your COMBINATIONS!!! Write them down!!!**
- *After you are dressed Leave the locker rooms. Walk around the basketball courts until your Coach calls you to roll call.
- *Refer to Student Handbook for more information.

Medical Excuses

A parent note is accepted for only 3 days and must include: Name, Date, Specific reason for non-participation, Signature and Phone Number. A doctor's note is accepted for **extended injury or illness.** Over **1MONTH MAX** .Please you're your counselor. **Makeup work is required for any medical.*

Makeup Work-out. 10pts.

Possible. Offered Every Monday Late Start 7:30 AM – 8:15. Come dressed and ready to go. Locker rooms will not be opened until 8:15. You may not makeup unexcused, truant, suspended or OCI absences. **(8 maximum)**

Due 1 week after absence.

In-class participation. Includes walking warm-up, stretching, cardio, strength training workout and full participation in activity for the day.



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