Our Mission

The Physical Education Department sees as its mission; “Everyone Can.” We will see to it that all students, regardless of their athletic ability, will have a variety of opportunities in Physical Education and enrich their lives through safe and secure physical activity.

GOALS

To provide an instructional program that will promote the learning of:

- Movement Skills and Movement Knowledge
- Positive Self-Image and Personal Development
- Social Development
- Fitness Testing

Ours is an integrated, multicultural and humanistic approach that allows each student to be exposed to a wide variety of physical skills in a diverse range of sports and physical activities. This promotes the full development of the student’s abilities and prepares her/him to be fit for life.

Physical Education is important for many reasons. It has been found that there is a direct link between Physical Education and academic learning. The healthy, physically active student is more likely to be academically motivated, alert, and successful. Furthermore, the student who is well educated physically is likely to become a healthy adult who will be motivated to remain healthy. To that, Murrieta Mesa strives to follow the California State Physical Education Framework for High Schools.
CURRICULUM

9th Grade

ACTIVITIES

• FLAG FOOTBALL
• SOCCER
• ULTIMATE FRISBEE
• PICKLEBALL
• TRACK AND FIELD
• PHYSICAL FITNESS TESTING
• OVER THE LINE (Softball/Baseball)
• BADMINTON

10th – 12th Grade

ACTIVITIES

• TEAMFIELD
• COURT SPORTS
• RECREATIONAL & LIFETIME ACTIVITIES
• DANCE I
• DANCE II
• ADVANCED DANCE
• WALKING FOR FITNESS
• LIFEGUARD
• ATHLETIC PE
• BODY COMPOSITION
**DRESS POLICY**

- Each student MUST dress daily in the Physical Education uniform [Grey Shirt/Green Shorts]
- Students must be dressed in P.E. uniform to be able to participate.
- Athletic or tennis shoes are considered part of the PE uniform and are required (for safety reasons, students who come to class wearing inappropriate shoes will not be allowed to participate; it will be considered a NON—DRESS)
- **NON—DRESS**: An administrative disciplinary referral may be issued to students who continue to struggle with the dress policy
- **Loaner** clothes are available but **ONLY** three times per grading period.
- Students may wear green, white, black, or grey fleece sweatshirts and sweatpants; MMHS colors
- Street clothes, dress jackets, leather jackets, sweaters, flannel, etc. ARE NOT ALLOWED over or under their PE clothes
- Only MMHS hats are allowed to be worn on school campus, which includes the PE facility

**GRADING**

Grades are not given; the students earn them. Each block period is worth 30 points. **Each 6—week unit is worth the number of days the class met along with any additional daily assignment(s) receiving a point value.**

Daily grade will be determined by the following:

- **Absence** = minus 30
- **Failure to dress** = minus 15
- **Tardy/Gum/Phone to class** = minus 5
- **Loaner uniform** = minus 5 (Three per Grading Period)
- **Undesirable behavior** = loss of points (teacher discretion), not to exceed minus 15
- **Unsatisfactory participation** = loss of points (teacher discretion), not to exceed minus 15

30 POINTS = 15 points (Participation) + 15 points (Dress)
LOCKERS, LOCKS, & PE FACILITIES

All students will be issued a locker and a MMHS lock to use for the year. Personal locks are unacceptable and will be removed immediately. Lock replacement fee will apply.

This locker is meant to be used for PE use only. Students who are in athletics will have their own locker and lock with green combination dial.

Long lockers are to be used during the PE class only. Items left in long longer will be removed and placed in the PE office. If habitual, disciplinary action will be taken.

In June, students will be required to return the lock that was assigned to them in August or pay a replacement fee of $7.00.

There is NO sharing of lockers. You must use the locker assigned to you.

No pictures or videos can be taken while in locker room.

Students will be held accountable for any theft, loss, or damage to school equipment and facilities.

NO ELECTRONIC devices of any kind are allowed (Cell Phones, Smart Watches, Ear Buds, ect.) during PE class, per school policy.

PE students are not allowed in the athletic team room at any time.

No food or glass in the locker room.

PARTICIPATION

- All students are expected to participate to the best of their ability during the class period everyday.
- Per district policy, a student may be excused from participation for one to three class sessions with a note of explanation from home. Student will be asked to do a writing assignment during class at teachers discretion.
- Per district policy, an excuse for more than three class sessions must be signed by a doctor.
- Students who are late and arrive to class after the door is locked will need to return to the attendance secretary to get a pass to enter the classroom. Students will be marked tardy and there is no chance to dress out for class. Therefore, they will lose dressing out points for the day along with a portion of their participation points.
- Points lost through undesirable behavior, unsatisfactory participation, non-suits, tardy/gum/phone, loaner clothes, and/or non-excused absences will NOT be allowed be made up.
- Make-up work for excused absences and/or non-participation due to parent or doctors note is due by the end of the 6-week unit. No more than 5 per unit.
We have read and understand the Physical Education Course Syllabus along with student expectations for the class.

Parent Signature ___________________________________________ Date__________

Student Signature __________________________________________ Date__________

Student Name (printed) _______________________________________

STUDENT'S WILL:

- Completely change out of school clothes and put on clothes specifically worn for that specific class. All clothing must follow the physical fitness class dress code in the syllabus and in the Ram Tracks. No part of the torso, buttocks, breast, cleavage, regular bra, thong, or underwear can show.
- Leave cell phone locked up in locker in the locker room. That is why students have a locker. If phone is brought into the fitness room, it will be collected and sent to the office. Student will need to claim from office administrative staff.
- Go to the bathroom before class.
- Spit out gum prior to coming into the fitness room.
- Bring bottled water and a small towel to class.

STUDENT'S WILL NOT:

- 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
- Kiss, hug, or participate in any other displays of affection including: girl/boy, boy/girl, girl/girl or boy/boy during class
- Demonstrate and/or participate in any other behavior(s) to be deemed as inappropriate by the teacher at any time during the class

(Students initial each box)