

TEACHER: _____

PERIOD: _____



WELCOME!

Your Physical Education teachers hope this management plan will help you to a happy and successful year in your PE class at Hillview Junior High School.

Please feel free to contact us with any questions regarding this management plan at:

Mr. Maselli	473-2380 ext. 5712	E-mail: mmaselli@pittsburg.k12.ca.us
Ms. Rickenbacher	473-2380 ext. 5613	E-mail: crickenbacher@pittsburg.k12.ca.us
Ms. Russo	473-2380 ext. 5713	E-mail: arusso@pittsburg.k12.ca.us
Mr. Coleman	473-2380 ext. 5612	E-mail: ccoleman@pittsburg.k12.ca.us
Mr. Kelly	473-2380 ext. 5303	E-mail: vkelly@pittsburg.k12.ca.us
Mr. Hill	473-2380 ext. 5607	E-mail: jhill@pittsburg.k12.ca.us

Thank you and we are looking forward to a wonderful year!

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The Goal of Physical Education at Hillview Junior High School

Our goal is to provide a safe, fun, and encouraging environment where your child can develop their physical, mental, and social skills and an appreciation for lifelong fitness.

The Physical Education program's objectives are to promote:

- An active participant in all activities
 - General awareness
 - Personal responsibility
 - Coordination and sportsmanship
 - Maintain state physical education standards
1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
 2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
 3. Assess and maintain a level of physical fitness to improve health and performance.
 4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
 5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

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Rules and Expectations

We expect you to:

- Be on time, sitting quietly on your roll call number when you exit the locker room
- Suit up in the Hillview PE uniform everyday
- Leave backpack on top of your locker or under the bench if it does not fit in your locker
- Lock all valuables in your locker
- Follow all locker room rules
- Be an active participant in all required activities and give your “personal best” displaying good sportsmanship, effort, and attitude
- Tell us if there is a serious problem with someone or something; but remember *no tattling*
- Stay in your designated PE area the entire class period; leaving without permission will result in a cut and referral to office
- Be responsible for your actions; accept consequences for poor decisions
- Follow all school rules
- Be respectful of others
- Treat all equipment with care and respect including volleyball and soccer goal nets

Locker Room Rules

- Walk when entering and exiting-DO NOT RUN
- Keep voices down
- Use assigned locker only-DO NOT share combinations or clothing
- Locker room privileges are only for students who are dressing for PE
- Respect and keep the locker room clean
- Enter offices with permission only
- Dress at your locker
- No food, gum, or drink is permitted in the locker room or gym
- No school uniforms are to be worn underneath your PE clothes; this will result as 2 non-suit's for that day
- You have 6 minutes to change at the beginning of period and 5 minutes at the end of the period
- Cell phones are to be placed in their locker, secured. Cell phone policy remains the same as the school cell phone policy, in PE classes

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UNIFORMS

Regulation uniforms are required and may be purchased through the PE department. The cost after registration will be \$10.00 each for shirts and shorts. Sweatshirts will be \$20.00 and sweat pants will be \$15.00.

The uniform required for participation consists of:

- PE uniform with first name and last initial only on each pair of clothing
- Athletic socks
- Athletic shoes only (lace or Velcro closures required due to safety issues. No stuffing!)

Uniform Guidelines

- PE clothes from outside stores must match Hillview PE colors and be solid (without any extra designs or writing).
1. Students may not wear another student's uniform.
 2. Sweatshirt & sweatpants are encouraged when dressing on cold or windy days (Prepare accordingly for cold weather; we will dress on rainy days and meet indoors).
 3. Students may not wear uniform clothes underneath PE uniform; this will be graded as 2 non-suits for that day
 4. Each student is responsible for keeping his/her uniform clean, neat, and in good repair; do not write on PE uniform other than first name and last initial

Excuse Notes

- A student may be excused by a parent's note for a maximum of one day. The reason, date, parent/guardian signature and phone number must be included. The student will still be required to dress in their PE uniform
- Excuses for longer than 2 days require a physician's note. With an extended doctor's note, the student's grade will be averaged with actual participation time during the quarter (Medical).
- Students will be expected to dress unless special circumstances exist.
- Students will be expected to make up any missed work due to their non-participation.
- A missed mile assignment due to a parent's note must be made up within 2 weeks. Failure to make up a missed mile will result as a zero in the grade book
- Neglect to make up a missing assignment within the 2 week time frame will result in not accepting further parents notes to skip the mile. Future skipped miles will automatically be graded as a zero
- Contact your child's teacher for further questions or concerns.

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Grading and Citizenship

Each student will be graded according to the following aspects:

- **Dress, effort level, participation, attitude, sportsmanship, assessments, projects, and various class assignments**
- Dress 35%, Participation 30%, Cardio 35%

Examples of actions that will result in point reductions are:

- **Non-dress, poor effort, non-participation, profanity, gum chewing, tardies, referrals, destructing equipment; etc.**

Points will be deducted at the instructor's discretion!

PE Non-Suit Policy

1st Infraction:

- Receive loss of dress points for the day; NS (Non-Suit)
- Participate in your school uniform

2nd Infraction:

- Receive loss of dress points for the day: NS (Non-Suit)
- Participate in your school uniform
- Receive a phone call home to parent/guardian

3rd Infraction:

- Receive an "F" for the day
- Complete a written assignment to be signed by parent (due the following day) and required to re-enter the class
- Potential meeting with a Vice Principal

Subsequent Infraction may result in alternative placement. (OCS, Schedule change, Suspension from PE)

Students are permitted to make up their non-suits or an absent from a mile run on Weds. **ONLY**, right after the school bell rings. Only 1 make up is permitted per Wed.

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Hillview Physical Education Department

In an effort to save money and materials, we are not distributing our PE management plan. Instead, we are asking you to visit the PUSD website at www.pittsburg.k12.ca.us and click on the Hillview school page. There you will find a link to our PE management plan. Please read and review the information with your child.

This information is important. It is mandatory that you and your child/student sign this statement verifying you have read this material and understand our expectations.

It is worth 1 full letter grade towards his/her PE grade.

The purpose of the signed statement is to eliminate future misunderstandings, to answer any questions regarding our policies and teaching methods, and to establish communication between the PE department, student, and the home. Thank You!

Student name (print) _____ Grade _____

Student signature _____

Parent name (print) _____

Parent Signature _____ Date: _____

Ph #: _____

Email : _____

Please list any MEDICAL CONDITIONS below (i.e. asthma. diabetes. seizures. etc.)