

San Leandro Unified School District
John Muir Middle School
Physical Education Department

Physical Education Contract

The Physical Education instructors will develop the student's hand-eye coordination, flexibility, strength and social skills according to the California Standards for Physical Education. This is a structured activity class that also focuses on the academics.

Grading for Physical Education

John Muir's physical education grade is based on **points earned**.

- Students are graded on points earned.
10 points a day / 50 points a week
- Students' LOSE points with infractions. Infractions can cost a student **five points**.

Two types of infractions

1. Participation Infractions (worth 5 points a day)
2. Citizenship Infractions (worth 5 points a day)

Grading Break Down:

***40% - Participation:** How you work in PE class.

Effort, time out, absent (including suspension), no participation (except excused).

Participation points lost from absences, can be made up or "earned back" by doing written work or in class fitness runs. Students may submit make up work, for absences only, to their PE teacher before the end of each quarter. Make up work can be found on our school's website, www.sanleandro.k12.ca.us/muir. Fitness runs can be completed during PE class unless other arrangements have been made with your teacher.

***35% - Assignments or Summative Tests:** Written or practical tests, mile run, fitness scores, also PE binder checks or any other in class formative assessment.

***25% - Citizenship Infractions:**

Personal responsibility to PE class and the student's ability to listen, follow direction, and respect peers and adults.

Class preparedness. Being dressed and on time.

The following will result in the loss of points: Tardies (except excused), suit cut, inappropriate PE shoes, gum, jewelry, sagging, no binder, not following directions and disruptive behavior.

P.E. Uniform Requirement

John Muir PE students are required to dress for PE every day – no exceptions.
Students must wear their gym clothes properly.
No sagging of shorts, sweats, etc. will be tolerated- students will be disciplined.

- **John Muir PE Uniform**

- Reversible black and red shirt
- Solid black shorts
- 2 pair white socks
- non-marking athletic shoes
- (optional)** 100% cotton solid light gray sweat shirt (**no hood or zipper**) and sweat pants

*We will accept the following uniform: a solid black T-shirt and a solid red T-shirt with solid black shorts.

Both Crew neck T-shirts must be worn at the same time every day.

- **Substitute Uniform** – A substitute uniform is *something other than what you wore to school*, used as your PE uniform for the day.

- Any color crew neck T-shirt, shorts or sweats
- Substitute uniform **cannot be worn more than 3 days a quarter** without losing points

PE Dressing Rules:

1. **No jewelry.** This includes rings, necklaces, bracelets, earrings and watches.
2. **No sharing** P.E. clothes with your friends. This is important for personal hygiene.
3. Students will **NOT** be permitted to wear gym clothes to their next class or home.
4. **No school clothes of any kind are to be worn under your gym clothes.** We will accept a white tank top/undershirt only.
5. P.E. Clothes are to be taken home on Friday and returned *clean* on Monday

Medicals

If a student is unable to participate in P.E. a note must be signed, dated, reason given by the parent and given to the P.E. teacher. After 3 consecutive days, a doctor's note is required per California Educational Code.

- **Parent Note**

- Reason for limited participation
- Dated
- Parent signature
- Note may limit a student's activity for a maximum of 3 consecutive days

- **Doctor's Note**

- Date seen by doctor
- Reason for non-participation
- Date as to when the student is to return to physical activity
- Signature of doctor

When there are minor physical ailments, the student is still expected to dress and participate in a limited manner directed by the teacher. These ailments include: cramps, "feels ill", headache, stomach ache, asthma and allergies. For reasons such as hurt ankle, leg or knee, the student should dress and participate in an appropriate manner, such as score keep, handle equipment, observe activity, etc.

PE Locker Room Policies

- NO cell phones or camera allowed in the locker rooms.
- No aerosol or pump cans/bottles in locker room (i.e. hairspray, deodorant, body spray).
- No glass containers – (perfume bottles, deodorant, juice containers, etc.) allowed.
- Any defacing and/or destruction of school property – lockers, walls mirrors, toilets, etc. will result in disciplinary action according to the school and district discipline policy.
- Invasion of privacy – going into other people’s property, i.e. backpacks, lockers etc. will result in disciplinary action according to the school and district policy.
- Student locks are loaned to students by the PE Department for private use. To keep belongings safe, do NOT share your combinations with others. Lost locks must be paid in order to get a replacement lock. (\$7.00)
- Only combination locks, provided by the school, will be permitted.

Discipline Procedures

- 1st & 2nd offense Warning plus infraction & Teleparent
- 3rd offense Teleparent – reflection paper – teacher call home - infraction
- 4th offense Teleparent – referral to Counselor - infraction
- 5th offense Referral to VP - infraction - loss of participation points

The following actions will result in the above discipline procedure:

- **Clothes Cut** – not dressed for P.E. (no uniform or substitute)
- **Sagging** – pants should be worn covering the entire buttocks (on the hip bone or above)
- **Gum** - repeatedly coming to class chewing gum is defiant

Physical Education teachers try to keep students in class no matter how many clothes cut they may have. However, when students don’t dress in their PE uniform for, at least, the 3rd time it is becoming defiant and adversely affecting their physical education grade. In this case the teacher may choose to either send the student to a counselor or keep in class with a call home.

Administrative Referral: For safety and expense reasons, if the following rules are broken it will be an automatic referral to the office.

- **Basketball Hoops, Nets and Rims**
 - Do **NOT** hang on the nets or rims.
- **Area Cuts**
 - Leaving any designated area before the bell rings without permission is a class **CUT**.
- **Stage**
 - Students are **NOT** allowed up on the stage without permission.
- **Sound System**
 - Do **NOT** move buttons, switches, dials or the mic. Just stay away from the system.

Parents/Guardians and Students,

Please sign this page and return it to the student's Physical Education instructor. This will let us know that you have both gone over and understand all the policies, and guidelines of our physical education program. Please feel free to contact us any time at 618-4400 ext. 3787 (boys PE office) or ext. 3786 (girls PE office).

Sincerely,
John Muir P.E. Staff

PE Teacher _____ Period _____

Student Name (please print) _____

Parent/Guardian Signature _____

Student Signature _____

Date _____

Phone # (H) _____ (Cell) _____

Email Address _____

Medical Information

My child has the following medical conditions/injuries that the Phys. Ed. teacher should be aware of. Please list below. (i.e. asthma, diabetes, heart problems, allergies.....)

If there are NO medical issues, please write NONE.

Please return this page ONLY to your PE teacher.