

Mar Vista Academy-Physical Education!

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Course Description:

Welcome to Physical Education at Mar Vista Academy! Physical Education is an integral part of the education program for all students. Students will learn health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. A student who participates in physical education is more likely to become a healthy adult who is motivated to remain healthy and physically active throughout his or her life.

At Mar Vista Academy our content standards emphasize working cooperatively, making decisions, and working as a team to solve problems and achieve a common goal. During the 1st Semester students will work individually in creating their own fitness goals/plans using the 5 components of fitness. They will continue to refine and achieve those goals throughout the year.

Grading Policy:

Scholarship grades will be based upon student participation and performance in the following categories:

- 1) Participation in Activities (Fitness, SPARK games, Circuit Training, Sports)
- 2) Fitness-Cardio Performance (Timed laps, Mile Run, Relays)
- 3) Preparation (PE appropriate clothes/IPAD)
- 4) Fitness Plan/Pamphlet (Semester 1)
- 5) Sportsmanship/Behavior (Fair, Follows directions)
- 6) Attendance/Tardiness (Affects grade if excessive)

Grades and progress will be updated weekly and accessible on Jupiter Grades.

Citizenship grades are based on the following criteria:

- 1) Listens and doesn't interrupt.
- 2) Follows directions
- 3) Considerate & helpful
- 4) Uses appropriate language-no profanity
- 5) Sportsmanship (fair & cooperative)

All students should come to class with a positive attitude and ready to participate.

Consequences:

Not following rules, poor behavior etc will result in various consequences which include, lowering of the student's grade, "sitting-out", parent phone calls, Counseling referrals and Assistant Principal referrals.

****There are no cell phones allowed out to PE class. They are to be locked in the student's locker. This prevents damage of or theft of. The teacher is not responsible for cell phone damage or theft in or out of the locker room. Cell phones taken out to class will be confiscated and turned into the Main Office. ****

PE Uniform:

Students are not allowed to wear their school clothes to PE. All students are required to change into proper Physical Education attire: Preferably a gray t-shirt, black shorts/sweats and appropriate tennis shoes. A Mar Vista P.E. uniform can be purchased at the ASB as well as a combination lock needed to secure all belongings.

Medical Conditions/Excuses:

If a student has an existing doctor diagnosed medical condition (asthma, heart condition, diabetes) that may limit his/her performance, the school Nurse must be notified. A doctor's note must be presented to the Nurse which explains the condition and the limitations if any. These students are still required to perform to the best of their ability. Modifications can be made.

If a student is ill or has a flair up of his/her medical condition (i.e. asthma) PRIOR to coming to school, it is the parent's responsibility to write a note to the NURSE to excuse that student from PE activity for 1 – 3 days. Any excuse beyond 3 days requires a doctor's note. It is the student's responsibility to give medical notes to the nurse to receive a PE medical pass prior to coming to PE class.

I look forward to a fun-filled, fitness oriented, fabulous year ahead!! Parent support is always appreciated and helps enforce the above procedures. This support will insure a pleasurable and positive experience for the students in PE!! Thank you in advance!