



MAR VISTA ACADEMY PHYSICAL EDUCATION

Physical Education at Mar Vista Academy requires that our students become physically active and fit. We want them to understand the benefits of regular physical activity and know how to plan and implement their own fitness-and-wellness programs. By the end of their middle school experience, we expect them to have mastered the necessary movement skills to participate confidently in many different forms of physical activity, and be ready to challenge themselves by pursuing new forms of movement. We want to help the students analyze their own movement performance by referring to principles of biomechanics. We want to prepare them to develop their own learning plans for improving their motor skills. We also want them to enjoy the social interactions that arise out of their involvement in physical activity and take responsibility for their interactions with others. We seek to do our part in inspiring our students to maintain an active and healthy lifestyle throughout their lives.

CONTENT STANDARDS

- 1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.**
- 2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.**
- 3. Students assess and maintain a level of physical fitness to improve health and performance.**
- 4. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.**
- 5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.**

STUDENT EXPECTATIONS

To be successful in MVA Physical Education, it is necessary that each student:

- Becomes familiar with the student handbook - [STUDENT HANDBOOK LINK](#)
- Comes to class ready to be active and to learn
- Maintains good attendance
- Follows all locker room rules- [LOCKER ROOM RULES LINK](#)
- Suits up with proper PE attire
- Participates in all activities
- Demonstrates good sportsmanship
- Respects and cooperates with others
- Demonstrates teamwork
- Follows the teacher's direction at all times

PE UNIFORMS

Students are not allowed to wear their school clothes to PE. All students are required to change into proper Physical Education **ATHLETIC WEAR**: Preferably a gray t-shirt, black shorts/sweats and appropriate shoes. An MVA P.E. uniform can be purchased at the ASB for \$20. A combination lock is needed to secure all belongings.

MEDICAL EXCUSE POLICY

If a student has an existing doctor diagnosed medical condition 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. [Physical Education Medical Notice Link](#) 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 **PRIOR** to coming to school, it is the parent's responsibility to write a note to the NURSE to excuse that student from any specific PE physical activities. **Any excuse beyond three 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. If a student requires medication for a medical condition, the nurse needs to be aware of it and a [Physician's Recommendations for Medication](#) must be filled out by the doctor for the school nurse.

IMPORTANT MVA PE LINKS

[MVA Teachers and Syllabus](#)

[Parent Letter](#)

[Physical Education Information for Students and Families](#)