

Mountain View ~ Los Altos Union High School District

2025-26

COURSE INFORMATION SHEET

Course Title: Physical Education Course

CTE Pathway Sequence (if applicable): N/A

School: Alta Vista High School

UC/CSU requirement: N/A

Textbook and/or other learning resources: Fitness For Life (4th Edition)

Course Description/Student Learning Outcomes:

Physical Education is a standards based state required class. Students will improve their athletic skills and overall health and fitness. Students will have the opportunity to develop skills and learn about individual, dual and team sports, fitness activities, mindfulness, and combatives. Students will be exposed to this material via direct instruction, demonstration, interaction, and verbal/written communication.

Course Outline/Units of Study/CTE Industry Standards(If applicable to your course):

N/A

Assessment and Grading ([BP 5121](#) / [AR 5121](#)): To ensure that every student has an equal opportunity to demonstrate their learning, the course instructors implement aligned grading practices and common assessments with the same frequency.

1. Grading categories and their percentage weights:
75% Participation
25% Rules, Terminology, and Strategy
2. Achievement evidence collected within each grading category:
Student work is assessed daily using a participation rubric. Written work and quizzes will be given on rules, terminology, and strategy in multiple choice, matching, and short answer format.
3. Grading scales:

A+	100-105	C	72.5-77.49
A	92.5-99.99	C-	70-72.49
A-	90-92.49	D+	67.5-69.99
B+	87.5-89.99	D	62.5-67.49
B	82.5-87.49	D-	60-62.49
B-	80-82.49	F	0-59.99
C+	77.5-79.99		
4. Homework/outside of class practices ([AR 6154](#)):
Students are expected to take home any work in process and complete it for homework, or come into the classroom and work on it before or after school. Late work will be accepted until the grading period is over.
5. Excused absence make up practices ([Education Code 48205\(b\)](#)):
6. Academic integrity violation practices ([LAHS Academic Integrity Policy](#) / [MVHS Academic Integrity Policy](#)):
7. Late work practices:
Students may do written work to replace a missed participation day due to absence. It is the student's responsibility to make arrangements with the teacher.
8. Fitness Days:
Students must complete a minimum of 15 fitness days per semester to earn 5 credits. No course

completions will be written without the requisite number of fitness days completed. Fitness days are Tuesdays. They can be made up by arrangement with the teacher if missed due to absence.

9. Extra credit practices:

If any extra credit is offered, each student will be given the opportunity to complete it.

10. Additional grading practices:

Students and parents can expect points to be updated at least once every two weeks.

Instructors' email addresses:

lani.stevens@mvla.net

samnang.luy@mvla.net

Additional information:

Group Work is an essential part of the Physical Education Course 2 curricular program; however, each student will be evaluated on their individual performance.

Students are to wear/bring appropriate clothing for PE every day. Closed toed shoes are required for participation. Students will be given the opportunity to change before and after class if needed.