Joaquin Moraga Intermediate School
Physical Education Department

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General Statement

Physical education is an integral part of the education program for all students. It teaches students how to move their bodies and how to properly perform a wide variety of physical activities. Students will learn the many benefits of regular physical activity as part of a healthy lifestyle.

Curriculum

Specific Physical Education content standards for each grade level can be found at the 6th-8th Grade CA State Standards

Unit Activities— Most physical education units are two to three weeks in length. The goal for these units is to gain an understanding of the rules and strategies and to develop the skills required to participate in the sport or activity. This includes rhythmic, movement patterns, and manipulative skills.

Fitness Assessment and Improvement— Daily, students will participate in a physical education program designed to enhance their physical fitness and personal well-being. Fitness goals include individual improvements in aerobic capacity, muscular strength, muscular endurance, flexibility, agility, and body composition.

Uniform

- All students are required to have a P.E. uniform. The uniform consists of a shirt and shorts (purchased from the school), athletic shoes, and socks. Hats and sunglasses are permitted for outdoor units/activities.
- As the weather becomes colder, students may wear additional clothing (i.e. sweats over, tights **under)** their uniform. Optional JMPE sweatshirts or sweatpants can be ordered. An announcement will be made in class and an email sent to families.
- Cold weather apparel used in P.E. cannot be worn to other classes that day. Students using sweats from home must clearly write their name on both the sweatshirt sleeve and the sweatpants leg. Students should wear their PE uniform t-shirt under their sweatshirt (not the shirt they wore to school that day). We encourage personal hygiene by discouraging students from wearing other students' clothing.
- If a uniform is lost, "stolen," or destroyed, the student will be responsible for replacing the uniform.

*** Uniforms must be taken home and laundered weekly, at least**.

Locker Room

- Each student will be issued a physical education locker for use throughout the school year. Unless authorized by the P.E. department, students cannot change lockers. Unauthorized changing of lockers will result in loss of points, as well as the lock getting cut off without notification.
- Students will be responsible for providing their own locks. Student combinations will remain private. Therefore, if a combination is forgotten or a key is lost, the lock will need

to be cut off, and the student will be responsible for getting another lock immediately. Students must replace lost, "stolen," or removed locks as quickly as possible in order to protect their personal property.
- Students are responsible at all times for their uniforms and belongings left in the locker room. It is very important that students take responsibility and lock up their property in their issued lockers.
- The P.E. department will perform random locker checks and refer students to the administration whose belongings are not secured in a properly locked and issued locker.

Course Grade

Daily Class Participation (60%) — Students are expected to be on time, dressed, and to participate to the best of their ability. Students who are absent, late, not properly dressed, or not participating in class activities will receive a loss of participation points.

Behavior (20%) – Sportsmanship, attitude, and respect are highly valued in this class. Students who are rude or disrespectful will lose behavior points. Poor student behavior will also affect students' ability to participate in class activities.

Assessments (20%) – Daily runs, fitness training, and skills assessments will make up this portion of a student's grade.

Citizenship Grade
The citizenship grade will be based on overall behavior in class. In physical education, a poor citizenship grade is usually the result of unsportsmanlike or disrespectful behavior.

PE Excuses/Make-ups
- If a student is unable to participate in physical education because of illness or injury, a parent or guardian note is required.
- Fitness days missed, as a result of absence, injury, or illness, must be made up by the end of the quarter. A loss of points will result if not made up.
- A doctor's note is requested for a medical excuse longer than three (3) days. CA Ed Code.
- Students with long-term injuries will receive a modified program or a written assignment to earn credit in class.
- 3 absences per quarter are allowed without loss of points. After 3 absences, students can make up participation points in the Makeup PE Academy.
- Students on Independent Study will be given an assignment to earn credit for missed days of class.
- Fitness/Run/ Make-up days are specific to each PE teacher's class and offered throughout the quarter. Make-ups in Academy are also offered during the quarter.

Cell Phones

Cell phones and other electronic devices are not to be used or brought to PE. Cell phones are never to be used in the locker rooms or restrooms. Failure to comply will result in a loss of behavior points, a meeting with administration, and the cell phone will be confiscated and given to the administration.