

Mitchell Middle School
Physical and Health Education
“Get Fit for Life”

PE uniforms can be purchased for \$15 for a set (shirts \$7 & shorts \$8)

COURSE DESCRIPTION: Physical and health education focuses on both learning about and learning through physical activity. Physical activity and health are of central importance to human identity and global communities. The discipline provides learning experiences in understanding the value of physical activity, participating effectively in a variety of activities, and use of inquiry to explore physical and health education concepts. Through physical and health education, students can learn to appreciate and respect the ideas of others, and develop effective collaboration and communication skills. Physical and health education offers opportunities to build positive interpersonal relationships that promote social responsibility.

Parent support is critical for maximum student achievement. The following are helpful throughout the year:

- Reinforce the importance of daily exercise
- Early dismissals: Please communicate with the office and your student about times for early dismissals ahead of time. This will ease the process of picking up your student.
- Email communication is the preferred

Class procedures and expectations: Follow The Marauder Way: Be Safe, Be Respectful, Be Responsible.

Students are to arrive on time to the locker room. Students will have 5 minutes to change into their PE uniform, use the restroom, get water, and lock up all belongings. Do not bring cell phones, earbuds/headphones, toys/items from home, your own sports equipment, or other items to class without permission from your PE teacher. Ongoing medical conditions that may affect participation level or need accommodations need to be reported to the teacher by students and parents (such as asthma or allergies).

SUPPLIES:

Mitchell Physical Education uniform or alternative uniform, athletic shoes, and socks. Per district policy, students are required to wear clothes that are suitable for the school activities in which they participate (BP 5132). Students will change into a PE uniform for class and change out of it at the end of the period. Students should not wear PE clothes to any other class. ALL UNIFORMS WILL BE LABELED WITH STUDENT'S FIRST AND LAST NAME. Students may find that keeping an extra pair of shoes and socks in their PE locker is very convenient, as the grass can be wet.

- Alternative uniforms are allowed to be worn if you do not use the Mitchell PE uniform.
 - Shirt with sleeves: Plain blue, black, grey, or white crew neck, or Mitchell athletic t-shirts or spiritwear t-shirts (not sports team uniforms).
 - Bottoms: Blue, black, grey, white athletic shorts or sweats

OUTERWEAR: If a student chooses to wear outerwear they must be worn along with the PE uniform. Outerwear does not replace the uniform. Sweatshirts, warm ups, sweatpants, joggers, etc. are to be worn over PE shirt and shorts. Outerwear worn to PE should not be worn to classes following PE. The following colors are permitted for outerwear due to safety reasons: Grey, white, blue or black.

LOCKERS:

A lock and locker are issued to each student at no cost. Students are loaned a combination lock that they are responsible for. They need to learn to use the lock properly to lock up valuables. There will be a \$8.00 charge for ALL LOST, MISSING, & DAMAGED LOCKS. IT IS IMPORTANT THAT COMBINATIONS & LOCKERS ARE KEPT PRIVATE AND NOT SHARED. Students may only lock their belongings in their assigned lockers. School & PE staff are not responsible for lost/stolen items. If belongings are missing, students should look in the lost and found then check with PE staff. Locker assignments are subject to change based on supervision needs.

LOCKER ROOM POLICIES:

The locker room is an extension of the classroom. Valuables are required to be locked up. No food, drinks, gum, “messaging around,” throwing of objects, HORSEPLAY or PLAY FIGHTING is allowed in the locker room. Students must dress in their uniform quickly, use the restroom and get water as needed and wait to be dismissed to roll call numbers. Restrooms are accessible during the locker room time at the beginning and end. Restroom use during class time will be limited to emergencies. Students will have five (5) minutes to change before being dismissed to their roll call numbers. If students take longer than five minutes, they will be considered late to class. Cell phones and accessories must be placed in backpacks before entering the locker room. PE lockers are only for use during PE class. If items are forgotten/misplaced students can come after school to look for them. Students may not come to the locker room during classes other than their own.

It is absolutely forbidden for any student to take photos or record another student or adult without the full knowledge and permission of the student or adult (Ed. Code: 51512). This includes walking/riding to and from school, during class time, before and after school, passing periods, lunch breaks, etc. The use of electronic devices of any kind in the bathroom or locker room is also strictly prohibited.

If valuables are found, they will be turned into the main office lost and found. Students are not to dress in the bathrooms. No one is allowed in the locker room until invited in by a teacher. Locker rooms are off limits other than supervised changing times. Students whose backpacks or bags that do not fit in the backpack locker need to talk with a locker room supervisor to find a placement for the duration of the period. **All valuables should be locked in either the personal assigned locker or the backpack locker that is borrowed for the period. School/staff are not responsible for lost, stolen, missing or broken items.**

EXCUSAL FROM PARTICIPATION DUE TO INJURY OR ILLNESS:

PARENT/MEDICAL NOTES:

Please send a note with your student to their PE teacher if your child needs to be excused for injury or illness. Parent notes should include date and phone number and explanation of limitations. **Students are still expected to change into their PE uniform unless an injury prevents it.** Any injury or illness that lasts for an extended period of time (LONGER THAN 1 WEEK) requires a doctor's note with an anticipated return to participation or allowed activities. Students may be assigned to alternative spaces if their injury or illness prevents them from being with class. Alternative assignments may be assigned if injury/illness last an extended period of time.

SAFETY:

Student safety is a primary concern.

Potential risk factors are minimized by:

- 1) Students not going into the gym or locker room or use equipment without permission and supervision of a teacher.
- 2) Report injuries to the teacher immediately. All injuries to the neck or head will be sent to the nurse's office.
- 3) Shoes must be worn at all times, unless an activity is approved by teacher.
- 4) Students are not to leave the supervised area(s) without permission of the teacher.

WATER:

Water is the only liquid allowed in Physical Education class. Early and late in the school year it tends to be hot in Rancho Cordova. Water bottles must have a closable lid. No sharing of water bottles. No pouring or squirting of water bottles on oneself or others. Water breaks are allowed in class based on the activity, location, and teacher discretion.

Method of Evaluation: Scoring achievement level is based on MYP IB formative & summative assessments.

Citizenship grade is a reflection of behavior. Excessive non-suits and disruptions to the learning environment will result in a lowering of the citizenship grade.

We recognize that many families wish to provide supplies for their own student or donate materials to the school and are welcome to do so at any time. The supplies listed are suggested materials and are not required of any student or family to fully participate in the school's academic program. All required materials and supplies will be provided by schools to students at no cost.

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