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## **WELCOME!**

Your Physical Education teachers hope this management plan will help you to a happy and successful year in your PE class at Hillview Junior High School.

Please feel free to contact us with any questions regarding this management plan at:

Mr. Bautista	473-2380 ext. 5206	E-mail: <a href="mailto:jbautista@pittsburgusd.net">jbautista@pittsburgusd.net</a>
Mrs. Bostwick	473-2380 ext. 5613	E-mail: <a href="mailto:cbostwick@pittsburgusd.net">cbostwick@pittsburgusd.net</a>
Mrs. Russo	473-2380 ext. 5713	E-mail: <a href="mailto:arusso@pittsburgusd.net">arusso@pittsburgusd.net</a>
Mr. Coleman	473-2380 ext. 5612	E-mail: <a href="mailto:ccoleman@pittsburgusd.net">ccoleman@pittsburgusd.net</a>
Mr. Hill	473-2380 ext. 5607	E-mail: <a href="mailto:jhill@pittsburgusd.net">jhill@pittsburgusd.net</a>
Mr. Martin	473-2380 ext. 5712	E-mail: <a href="mailto:jmartin@pittsburgusd.net">jmartin@pittsburgusd.net</a>

**ParentSquare** app. is a great way to communicate with your teacher.

***Thank you and we are looking forward to a wonderful year!***

## **The Goal of Physical Education at Hillview Junior High School**

Our goal is to provide a safe, fun, and encouraging environment where your child can develop their physical, mental, and social skills and an appreciation for lifelong fitness.

The Physical Education program's objectives are to promote:

- An active participant in all activities
  - General awareness
  - Personal responsibility
  - Coordination and sportsmanship
  - Maintain state physical education standards
1. Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
  2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
  3. Assess and maintain a level of physical fitness to improve health and performance.
  4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
  5. Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

# Rules and Expectations

## We expect you to:

- Be on time, sitting quietly on your roll call number
- Suit up in the Hillview PE uniform everyday
- Leave backpack on top of your locker or under the bench
- Lock all valuables in your locker
- Follow all locker room rules
- Be an active participant in all required activities and give your “personal best” displaying good sportsmanship, effort, and attitude
- Tell us if there is a serious problem with someone or something; but remember *no tattling*
- Stay in your designated PE area the entire class period; leaving without permission will result in a cut and referral to office
- Be responsible for your actions; accept consequences for poor decisions
- Follow all school rules
- Be respectful of others

## Locker Room Rules

- Walk when entering and exiting-DO NOT RUN
- Keep voices down
- Use assigned locker only-DO NOT share combinations or clothing
- Locker room privileges are only for students who are dressing for PE
- Respect and keep the locker room clean
- Enter offices with permission only
- Dress at your locker
- No food, gum, or drink is permitted in the locker room or gym
- No school uniforms are to be worn underneath your PE clothes; this will result in a nonsuit
- You have 6 minutes to change at the beginning of period and 5 minutes at the end of the period

## UNIFORMS

Regulation uniforms are required and may be purchased through the PE department. The cost after registration will be \$10.00 each for shirts and shorts. Sweatshirts will be \$20.00 and sweat pants will be \$15.00.

The uniform required for participation consists of:

- PE uniform with first name and last initial only on each pair of clothing
- Athletic socks
- Athletic shoes only (lace or Velcro closures required due to safety issues)
- No rubber sandals permitted

### **Uniform Guidelines**

1. Students may not wear another student's uniform.
2. Sweatshirt & sweatpants are encouraged when dressing on cold or windy days (Prepare accordingly for cold weather; we will dress on rainy days and meet indoors).
3. Students may not wear uniform clothes underneath PE uniform; this will result in Non-suit
4. Each student is responsible for keeping his/her uniform clean, neat, and in good repair; do not write on PE uniform.

### **Excuse Notes**

- A student may be excused by a parent's note for a maximum of two days. The reason, date, parent/guardian signature and phone number must be included. The student will dress and be required to complete a classroom assignment in place of participation.
- Excuses for longer than three days require a physician's note.
- Students will be expected to dress unless special circumstances exist.
- Students will be expected to make up any missed work due to their non-participation.
- Independent Study requires Admin. approval and an exercise log for PE class credit is due upon returning to class

### **Grading and Citizenship**

Each student will be graded according to the following aspects:

- **Dress, effort level, participation, attitude, sportsmanship, assessments, projects, and various class assignments**
- Dress 30%, Participation 40%, Mile 30%

Examples of actions that will result in point reductions are:

- **Non-dress, poor effort, non-participation, profanity, gum chewing, tardies, referrals, etc.**

***Points will be deducted at the instructor's discretion!***

### **PE Non-Suit Policy**

- Students receive points off their grade each day they forget to wear/bring their PE uniform to school. One quarter grade is docked.
- Continuous infractions will result in a phone call home and/or a parent/teacher conference to discuss the circumstances.
- Students are permitted to make up their non-suits or an absent mile or pacer on Wed. after school. Only 1 make up is permitted per week.

### **Hillview Physical Education Department**

In an effort to save money and materials, we are not distributing our PE management plan. Instead, we are asking you to visit your child's google classroom and/or their teacher's school website at <https://hillview.pittsburgusd.net> and click on your teacher's name. There you will find a link to our PE management plan. Please read and review the information with your child.

This information is important. PLEASE CONTACT YOUR CHILD'S TEACHER WITH ANY MEDICAL CONCERNS.