

MONTEREY TRAIL HIGH SCHOOL
COURSE SYLLABUS

**PHYSICAL EDUCATION
GRADE 9-12**

MONTEREY TRAIL HIGH SCHOOL MISSION STATEMENT

The learning community of Monterey Trail High School will challenge ALL students to realize their greatest potential while preparing them for their future.

PHYSICAL EDUCATION PHILOSOPHY

We believe that ALL students should have an opportunity to participate in quality physical education. This includes the following components: opportunity to learn, meaningful content, and appropriate instruction. Students will learn how to develop, maintain, and self-assess health, fitness, and motor skills through physical activities in which they can participate for a lifetime.

PHYSICAL EDUCATION STANDARDS

MOVEMENT SKILLS & KNOWLEDGE

1. Student is competent in many movement activities and will excel in two or more movement activities.
2. Student will understand how and why he moves in a variety of situations and uses this information to enhance his own skills

SELF-IMAGE AND PERSONAL DEVELOPMENT

1. Student will achieve and maintain a health-enhancing level of physical fitness.
2. Student will exhibit a physically active lifestyle and will understand the physical activity provides opportunities for enjoyment, challenge, and self-expression.

SOCIAL DEVELOPMENT

1. Student will demonstrate responsible personal behavior while participating in movement activities.
2. Student will demonstrate responsible social behavior while participating in movement activities. The student will understand the importance of respect for all others.
3. Student will understand the relationship between history and culture of games, sports, play and dance.

COURSE OBJECTIVES

Students will:

- ✓ Dress and fully participate on a daily basis.
- ✓ Through active participation in a variety of activities demonstrate the ability to understand :
 - skills
 - strategies
 - rules
 - safety awareness
- ✓ Demonstrate the ability to work cooperatively and collaboratively.
- ✓ Improve individual fitness level.

MONTEREY TRAIL HIGH SCHOOL COURSE SYLLABUS

COURSES OFFERED

Dance	Lacrosse
Self Defense	Hockey
Tumbling	Softball
Fitness for Life	Volleyball
Tennis	Basketball
Golf	Soccer or Speedball
Table Tennis	Team Handball
Badminton	Flag Football
Pickleball	Weight Training
Water Safety	Aerobics (Core Training)
Field Hockey	Personal Fitness/Walking

P.E. UNIFORM:

- Shoes- athletic, any color, non-scuff bottoms, MUST be worn at all times
- Shirt/Sweat Top - Monterey Trail grey, or solid grey, **CREW NECK ONLY & NO CUT SLEEVES**
- Shorts/Sweat Bottoms - Monterey Trail black, or solid black, no spandex
- Socks – Athletic

Cost for Monterey Trail PE Uniform

Shirt/short combo \$20.00
Shirt only \$10.00, short only \$13.00
Sweatpants \$20.00 each
Hooded sweatshirts – \$25.00
Combination Locks \$6.00

NON SUIT POLICY

Any deviation from uniform policy is considered a Non Suit. (Example – ½ is a non suit, pants under sweats is a non suit, etc.)

1ST NON SUIT: DETENTION

2ND NON SUIT: SATURDAY SCHOOL

3RD NON SUIT: HOME SUSPENSION

LOANER CLOTHES

Loaner clothing will be available for students who are without their PE uniform.

Students must have a student ID card to check out the loaner clothing and may use the loaner system 4 times per term. Students choosing not to utilize the loaner program are considered defiant. The PE staff will ensure that loaner clothes are clean to maintain sanitary conditions for all students.

MONTEREY TRAIL HIGH SCHOOL

COURSE SYLLABUS

GRADING

Movement Skills 40%

5 points/day

- Warm-Up
- Stretches
- Exercises
- Cardio
- Fitness Tests
- Skill Tests
- Activity

Social Skills 40%

5 points/day

- Interaction Skills
- Problem Solving
- Small Group/Class Discussions
- Self /Peer Assessment
- Dressing for class
- Cooperative Learning Activities
- Punctuality

Cognitive Skills 20%

- Notebooks/Portfolios
- Writing Assignments
- Written Tests
- Homework

MAKE UP WORK

Participation in class is required for credit. All students with excused absences or medical excuses will be allowed to make up work if possible. Make up work will consist of running a mile per day missed during designated days and times. See your teacher for more information throughout the term.

TARDY POLICY

The student is tardy if:

- Not SEATED in roll call by the tardy bell/dress bell
- Tardy Policy: Refer to Student Handbook for tardy policy

MEDICAL NOTES

Students still dress, but modify their activity when possible.

- Parent notes:
 - Maximum 3 days if indicated
 - Signed by parent with date and phone number
 - Physician note:
 - excused as prescribed by doctor
 - should specify limitations and modifications
- **Students must make up days missed with teacher generated make up work.
**Bring note to roll call

STUDENT EXPECTATIONS AND RESPONSIBILITIES

- Attend class properly dressed
- Be to class and roll call on time
- Complete all class responsibilities and work
- **No food, drink, gum, or sunflower seeds in class and track area (Detention Issued)**
- No cell phones or electronic devices
- Respect others, facilities, and equipment
- Obtain prior permission to miss class
- Take care of bathroom needs before class
- Do not bring backpacks or school jackets to class!
- School dress code will be enforced; hats only when participating in an outdoor unit
- No sunglasses indoors, only outdoor

MONTEREY TRAIL HIGH SCHOOL
COURSE SYLLABUS

TEACHER RESPONSIBILITIES

- Facilitate learning
- Be respectful of all students
- Inform students of academic progress
- Inform parents of student progress

LOCKERS

- Student must have/purchase a combination lock.
- Once assigned a locker, student must record locker number with teacher.
- Sharing lockers is ***prohibited***.
- Use small locker after class hours, use long locker during P.E. class.
- Notify instructor of any problems.
- **DO NOT leave personal items unattended in locker room. LOCK IT OR LOSE IT!!**
- **Using a locker not assigned to you may result in your lock being cut off.**
- **Missing your clothes and/or lock?**
 - check lockers near by
 - look in P.E. lost & found

****P.E. STAFF AND MONTEREY TRAIL HIGH SCHOOL ARE NOT RESPONSIBLE FOR YOUR BELONGINGS**

Please report any suspicious activities to your instructor.

QUESTIONS AND/OR CONCERNS

Call 688-0050 between 8:00am and 3:15pm

MONTEREY TRAIL HIGH SCHOOL
COURSE SYLLABUS

ACKNOWLEDGEMENT

I acknowledge that I have read and understand the MTHS Physical Education policies and course requirements. I also understand that Physical Education lockers are provided as a courtesy to students and that **MTHS and EGUSD do not assume any responsibility for the theft or damage of any items stored in lockers.** Full syllabus may be found on:

http://egusdmths.ss13.sharpschool.com/staff/departments/physical_education

Student name (Print): _____ Student Signature: _____

Parent/Guardian Name (Print): _____ Signature: _____

Teacher _____ Period ____ Term ____

Parent Email Address _____

Parent Phone Number _____

Best way to contact parent _____

Best time to contact parent _____

Below, please list any concerns or health matters: (If any health matter persists for more than 3 days, a physician's note is required.)

P.E. UNIFORM:

- Shoes- athletic, any color, non-scuff bottoms
- Shirt/Sweat Top - Monterey Trail grey, or solid grey CREW NECK ONLY & NO CUT SLEEVES
- Shorts/Sweat Bottoms - Monterey Trail black, or solid black
- Socks – Athletic

Cost for Monterey Trail PE Uniform

- Shirt/short combo \$20.00
- Shirt only \$10.00, short only \$13.00
- Sweatpants \$20.00 each
- Hooded sweatshirts – \$25.00
- Combination Locks \$6.00

Save your receipt if your size is not yet available.

Elk Grove Unified School District Non-Discrimination Policy

District programs and activities shall be free from discrimination, including harassment, intimidation and bullying based on a student's actual or perceived disability, sex, gender, gender identity, gender expression, nationality, race, ethnicity, color, ancestry, religion, sexual orientation, age, marital or parental status, or association with a person or group with one or more of these actual or perceived characteristics.

Norma de No Discriminación Distrito Escolar Unificado de Elk Grove

Los programas y actividades del distrito deberán ser libres de discriminación, incluyendo el amedrantar, la intimidación y el acoso, independientemente de las características actuales o percibidas de un estudiante: incapacidad, sexo, género, identidad del género, expresión del género, nacionalidad, raza, etnicidad, color, descendencia, religión, orientación sexual, edad, estado marital del estudiante o de los padres, o asociación con una persona o grupo con una o más de las características actuales o percibidas.

MONTEREY TRAIL HIGH SCHOOL
COURSE SYLLABUS