

Pomolita Physical Education – Course Outline
Pomolita Middle School–740 N. Spring St., Ukiah, CA 95482

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Our Mission:

Physical activity is critical to the development and maintenance of good health. In a safe, cooperative and supportive environment the Pomolita Physical Education department will provide a comprehensive, sequentially planned program. Students will develop the knowledge, confidence, physical and social skills necessary to adopt and maintain a productive and physically healthy lifestyle.

Department Goals:

Our students will:

- develop competency in motor skills and movement patterns needed to perform a variety of physical activities.
- gain an understanding of movement concepts, principles, strategies and tactics as they apply to learning and performing physical activities.
- learn the importance of regular physical activity in achieving and maintaining a health-enhancing level of physical fitness.
- apply knowledge of fitness concepts and principles to maintain and/or improve their level of physical fitness.
- practice and exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- gain an appreciation for and value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Expectations:

Students are expected to come to Physical Education class prepared and ready to learn. We expect that our students put forth their best effort and always encourage and allow others to do the same. To ensure our students have a positive physical education experience life skills and social development are important aspects in our curriculum. We demand an atmosphere that allows all students opportunities to develop a positive self-image, be innovative and have the chance to appropriately express their ideas and abilities.

Physical Education Dress Policy:

Students are required to dress in their P.E. attire each and every day. Appropriate active wear is required for participation in physical education. The physical education clothing policy is designed to enhance safety, performance, personal hygiene and comfort. For further student safety, clothing with hoods, zippers, buttons or pockets are not allowed.

Pomolita P.E. clothing consists of:

- (1) Shirt - Pomolita or plain gray t-shirt
- (2) Shorts - Pomolita or plain royal blue mesh shorts
- (3) Shoes - Athletic shoes with laces and socks to be used only for Physical Education
- (4) Sweat Pants/Sweat Shirts - Pomolita or plain gray.

- All items should be visibly marked with the student's first and last name in black permanent marker.
- The Physical Education Department will be selling Pomolita P.E. clothing throughout the school year.
Cost: T-shirt \$6; Shorts \$9; Sweat shirt \$12; Sweat pants \$13
- Recycled clothing is also available at greatly reduced prices.

Other dress expectations:

- School clothes are not to be worn in place of, under or over the P.E. uniform.
- Students should not loan their clothes to anyone.
- Jewelry should not be worn to class.
- P.E. clothes should be laundered weekly.

Visit our website at: pomolitaphysicaleducation.weebly.com

PE Locks & Lockers:

Each student is assigned a locker and lock. ONLY SCHOOL ISSUED LOCKS MAY BE USED. Locks should be kept locked at all times and never taken out of the locker room. Students should not give out their combination, share or switch lockers. There is a \$6.00 replacement fee for lost or damaged locks. Valuables should be LOCKED up at all times—The P.E. department is NOT responsible for lost or stolen articles! Most items are lost when lockers are left UNLOCKED or when BACKPACKS ARE LEFT OUT! Backpacks should be locked in a large locker. Students should be sure locks are securely locked before leaving for class.

Illness or Injury:

Students may be excused from physical participation for no more than three days with a dated parent/guardian note. Students will still dress and complete a modified lesson or alternate assignment. The note should include the following: Student name, date, nature of injury or illness, length of limited participation, parent or guardian name, signature and phone number.

A Doctor's note is required for more than three days. The Physicians note should include activities the student is to be excluded from or indicate appropriate modified activity and the date of reevaluation. Student must be released by a written note from the Physician to return to full Physical Education. A student with a medical excuse who cannot participate may be assigned a duty, task or written assignment.

Grading Policy:

Students will be assessed in the following areas:

- Social Skills – demonstrate responsible personal behavior and important life skills.
- Skill Development – progress toward mature motor skills and movement patterns.
- Content Knowledge – demonstrate knowledge of movement and fitness concepts, principles, and strategies.
- Engagement in Learning – active participation, consistent effort and commitment to learning.

Make-Up Policy:

Physical Education hours are state mandated and students must accumulate regular P.E. hours; therefore missed classes must be made up. Our make-up policy is based on our philosophy of healthy lifestyles, active living and getting out to play and move. Students are responsible for completing a physical activity make-up assignment (available from P.E. teacher) for each absence and also responsible to make up any other assignments or assessments missed due to absence. In the event of planned absences (1-4 days) students are encouraged to speak with his/her P.E. teacher before leaving to discuss the possibility of doing make-up work during the absence. For longer term absences (5 or more days), contact the office to arrange for independent study, at which time we will provide make-up work.

