Physical Education
Lone Hill Middle School
Mr. Allred's Syllabus

Class Rules
1. Be quiet and listen during instruction.
2. Use appropriate language at all times.
3. Must have a signed parent/doctor's note to be excused from physical participation in PE.
4. Keep hands and feet to yourself.
6. Wear appropriate attire [see attire section].
7. Treat others with respect and have sportsmanship.
8. No cell phones at all, this is a school policy.
9. Be safe, responsible, on task, and ready to learn.

Parent Notes & Medical Excuses
Students can be physically excused from PE if they have a signed parent or doctor's note.
Parent notes are good for up to 3 days, whereas doctor's notes are good as directed by the doctor.
Please specify how many days your child will not participate when giving a parent note.
Students who miss 3 consecutive days of PE or more while attending class are required to have a doctor's note, this is a school policy.
Written assignments will be given to students who bring a parent or doctor's note and are not physically participating.
However, written assignments are not meant to replace physical activity on a weekly basis.
Students who do not bring a parent or doctor's note and will not be participating will complete a written assignment. See the grading policy below for more information.

Attire
Students must wear appropriate attire in order to participate in activities otherwise it will be considered "loaners" and they will lose points for that day. See the grading policy below for more information.
LHMS PE clothes should be worn every day!
Plain shorts, shirts, and sweats that align with our colors are acceptable.
-Grey shirt
-Royal blue shorts
-Black sweatshirt and sweatpants
Students cannot wear their regular clothes under their PE clothes.
No leggings can be worn for PE. If your child wants to wear leggings they must wear them under their PE shorts.
Closed toed shoes, preferably athletic shoes, should be worn every day!

Grading Policy
Grading will not be based on skill level.

Grading will be based on participation, effort, appropriate attire, behavior, and following the class rules.

Fitness and cardio assignments are individual assignments worth 25 points.
Wednesday's are fitness days and Friday's are cardio days, typically.

There are three semester-long assignments to simplify in one place how your student is doing overall.

1. **Loaners** assignment in Aeries is for the entire semester.

There are **100 points** allotted for the semester.
Students can lose up to 5 points each time they need loaners.
The first two times students need loaners it is considered a free pass, only during 1st semester.

- Student needs shirt only = -2
- Student needs shorts only = -3
- Student needs both shirt and shorts = -5

2. **Sports Participation** assignment in Aeries is for the entire semester. There are 100 points allotted for the semester.
    - Students start with **100 points** for the semester.
    - They do not earn points on sports days, they can only lose points for not fully participating with good effort or an intent to be actively engaged in the activity.
    - Students may lose up to 2 points for each sports day they do not participate.
    - Sports days are typically Monday's, Tuesday's, and Thursday's.
    - Individual assignments are not given on sports days due to the team based nature of these lessons.
    - Students are expected to participate to the best of their abilities with good sportsmanship and keep their points.
    - Students who do not bring a parent or doctor's note on sports days and will not be participating will be given a written assignment to do in class, so they are still engaged in what we are doing cognitively. 2 points will be taken from the sports participation assignment in Aeries in this circumstance.
    - You would be overwhelmed looking at Aeries and seeing 50 plus sports assignments for the semester. It would be harder to see the whole picture of who your student is as a participant in sports. The majority of students do great on these days.

3. **Behavior** assignment in Aeries is for the entire semester. There are **50 points** allotted for the semester.
    - Students can lose up to 5 points for a behavior infraction.
    - This doesn't seem like a lot of points for an entire semester but behavior discipline is progressive, which means students will be given opportunities to make adjustments.
    - It is not until students have had several chances to change their behavior do they start to lose points.
    - Points will continue to be taken for poor behavior once students have exhausted their opportunities to make behavior adjustments.

Absences
If a student is absent their grade will be excused on sports days. If a student is absent on fitness or cardio days they will need to do make up assignments. **Students have all semester to make up assignments** and will be given plenty of opportunities to do so IN CLASS before the grading period ends. Missing assignments lower students' grades drastically, but don't stress, their grade will improve once they complete the make-up assignment.

This is just the basic information I can provide. I deal with situations as they arise and in the students' best interest. I am flexible when necessary but firm with disciplinary actions as I see fit. Any concerns should be discussed through email: j.allred@bonita.k12.ca.us