

APTOS JUNIOR HIGH SCHOOL PE COURSE SYLLABUS 2021-22

COURSE: 7/8th GRADE PHYSICAL EDUCATION **TEACHER:** Mike Schiro
E-MAIL ADDRESS: mike_schiro@pvusd.net **PHONE NUMBER:** 728- 7834

PARTICIPATION

In order to fully enjoy and benefit from our program, students should dress out and participate enthusiastically every day. Students should be in the locker room by the tardy bell.

UNIFORM

All students wear a uniform consisting of athletic shoes, socks, PE shirt and shorts. Sweatpants or leggings may be worn instead of shorts but must be solid blue, black or gray. Sweatshirts may be worn over the PE shirt. Uniforms may be purchased at school throughout the year for \$30.00 a set or \$15.00 a piece. PayPal is the best way to purchase PE uniforms. The PayPal link is located on the AJHS web site. Students should bring their PayPal receipt to PE staff. Cash is accepted but **personal checks are not**. A cinch bag will be given to every student this year since we have no lockers. PE uniforms should be laundered each week and should have only the student's name in appropriate locations. If you cannot purchase a uniform due to financial hardship, please inform the Assistant Principal.

LOCKER ROOM POLICY

Due to locker room renovation, students will not be issued a PE locker. Students will bring their PE clothes to school everyday in their cinch bag. Students will change for PE every day in a classroom. To help keep this classroom safe and clean, please do not eat or drink in this classroom. No perfume or cologne is allowed.

GRADING POLICY

Grades are based on a point system. Successful students will attend class regularly, come to class on time, dress out, participate in activities (sports and fitness), and demonstrate appropriate behavior. Each day is worth 2 points. Runs are graded in a variety of ways: effort, time, and completion.

***Point Deductions:**

Absent: (must be made up to get points back-see below)

Tardy: -1 pt

Lack of participation: -1-2

Non-suit: -2 pts

A=90-100% B=80-89% C=70-79% D= 60-69% F = <60%

ABSENCES, NON-PARTICIPATION OR MEDICAL EXCUSES

Students do not receive their daily points when they are absent. Students can make up their participation points by emailing Mr. Schiro @ mike_schiro@pvusd.net. Runs missed while absent must be made up during class time. If the student is injured or sick and cannot fully participate in PE, a parent note can excuse up to three days of class participation. A doctor's note is required for limitations lasting over 3 days. The student will still be expected to dress out in their PE clothes and do any activities that they are able to perform. Please let us know immediately of any long term physical limitations such as asthma or allergies.