



***Desert Hills Middle School***  
**2017 – 2018**  
***Physical Education Disclosure Statement***

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When students complete this course, they will be proficient in the following standards:

- Students will understand the need to be physically fit.
- Students will learn to perform a variety of motor skills through games and sports that will help them maintain a desired level of physical fitness.
- Students will understand the importance of developing strategies for lifelong fitness.

Our expectations for all students are:

- Come to class on time.
- Be prepared and ready to participate.
- Show respect for self and others.
- Follow all class policies and procedures.
- Always be aware of safety issues.

Homework Policy:

- This class is a performance-based class. Most of the points earned by the student will be achieved in class.
- On certain occasions the student may be asked to perform a certain physical activity outside of the classroom or have a document signed by a parent and returned. In these

situations points will be assigned to the assignment and students will be expected to comply in order to earn the points.

#### Late Work:

- Missed quizzes and late homework will need to be made up as quickly as possible.
- For every scheduled class period an assignment is not turned in the student will lose 10%.
- Because of the size and nature of this performance based class students will not be allowed to make up lost dress, participation and attendance points due to absences unless the absence or absences are due to a school excused activity or a prolonged medical situation.

#### Grading Standard:

100-93: A  
92-90: A-  
89-87: B+  
86-83: B  
82-80: B-  
79-77: C+  
76-73: C  
72-70: C-  
69-67: D+  
66-63: D  
62-60: D-  
59-0: F

#### Citizenship Grading Standard:

It is expected that all students come to class on time and follow the policies and procedures of the class. It is important that each and every student feel safe, secure and comfortable in class. Students should respect and be kind to their peers and the teacher.

**H:** Follows all policies and procedures and goes out of their way to be respectful of others.  
(One warning)

**S:** Follows most of the policies and procedures and does not offend others but does not make extra effort to be kind and helpful towards others. (Multiple warnings)

**N:** Struggles following all of the policies and procedures and is often disrespectful towards others. (Parent contact/involvement)

**U:** Makes no effort to follow the policies and procedures and is continually a disruption to class by his/her blatant disrespect towards others. (Administration Involvement)

### Progress Reports:

- All students will receive a progress report from their home base teacher several times throughout the semester. Parents are encouraged to contact me at any time concerning the progress of their student.

### Academic Integrity:

- DHMS and its teaching faculty demand a high level of scholarly behavior and academic honesty on the part of students. Violations by students exhibiting dishonesty (cheating) while carrying out academic assignments or tests may result in no credit or other disciplinary action.

## **Policies and Procedures**

### **Policies:**

#### Dress Code:

- It is required that all students wear a P.E. uniform as stated in the student handbook.
- Shorts or sweats need to be black, and an appropriate length.
- No Yoga / Leggings unless shorts are worn over them.
- Front and back of T-shirts, students will print or apply their first and last name in three inch black letters.
- **DHMS has very nice uniforms that are available to the students at a low cost of \$15.00. The uniforms come as a T-shirt and shorts set with the Desert Hills name and school colors.**
- NO SAGGING shorts. They need to be up around the waist at all times.
- The student will need to wear tennis shoes that do not leave marks on the gym floor. Shoes need to be LACED UP!! at all times during class.
- NO HATS are allowed in class.
- Students will need to have warm clothes (sweatshirt, jacket, sweatpants) for being outside during cooler weather.
- Students in Sports / Extra Curricular activities for the school will be required to dress and participate in daily activities - including GAME DAYS!!

### 3- Strike Rule:

- Dressing out for this class is extremely important. It is important that the students, with the help of their parents, are adequately prepared with the proper clothing for a physical education class.
- The 3-strike rule will be enforced if a student fails to dress out three times within a quarter.
  - Strike 1 = Verbal Warning and documentation, loss of points for the day.
  - Strike 2 = Final Warning, documented, loss of points for the day.
  - Strike 3 = Parent contact, documented, loss of points for the day.
  - **If situation is not handled after strike three, administrative involvement.**
- Daily points will be lost until the student is allowed back into class.
- Three no-dresses are considered INSUBORDINATE, and school discipline actions will be enforced by an Administrator.

### Cell Phones:

- Absolutely NO Cell Phones are allowed in Physical Education classes!!
- If students are found to possess a cell phone in class it will be confiscated and given to Mr. Stevenson, Mr. Sharp, or Mr. Jensen.
- In order to receive the cell phone back a parent must come in and talk to administration.
- Parents please do not call or text your student during school hours, you may call the office and they can deliver a message.

### Lockers:

- P.E. lockers will be assigned to each student in class.
- Lockers are the personal responsibility of the student.
- Do not share lockers or locker combinations.
- Do not store valuables in P.E. lockers.
- If locks are lost or “stolen” the student responsible for the lock will pay a fee of \$5.00.
- Make sure lockers are locked after they are closed.
- DHMS is not responsible for lost or stolen property.
- No food such as candy, gum, soda etc. is allowed in the locker room or gym.  
(THIS WILL BE STRICTLY ENFORCED).

### Seating Chart:

- Students will have assigned seating on the gym floor. There will be 6-7 rows, 8-10 students deep in alphabetical order with proper spacing.
- We will call this assigned spot “HOME”.
- When students are asked to go to their “HOME” during class they will promptly go to their spots within their rows and sit quietly.

### Getting Student's Attention:

- With the size and nature of this class it can be difficult to get everyone's attention. For this purpose we will have a couple of procedures to follow to get the students quiet and focused on the coach.
- There will be times we need to bring the class together when they are involved in an activity. To do this we will blow a whistle two distinct times. When the students hear this they will need to sit and wait for our instructions.

### Point System:

- There will be 20 daily points for each student to earn; 5 dress out, 5 On Time, 10 participation.
- In order for students to earn full credit on dress points they must abide by the standards stated in the dress code.
- To earn full credit on the attendance point's students must be seated quietly in their "HOMES" exactly four minutes after the tardy bell rings.
- Students must be actively engaged throughout the duration of class in order to earn full credit on their participation points.
- Quizzes, two points per question, will be given several times throughout the semester.
- Students will earn up to 25 points every other week for the timed or distance run.
- Other points may be earned upon the completion of homework assignments.
- Points may be deducted for poor attitude towards activity, teacher, and peers.

### Quiz:

- A 10-20 question quiz on the class discussions and activities will be given throughout the semester.
- The quiz will be graded two points per question.

### Weekly Run:

- Monday will be run day (25 points).
- Each class will run a distance or timed run every other week.
- Times will be kept and tracked so we can observe student progress.

### Fitness Tests:

- The Presidential Fitness Test will be performed various times during the semester.
- This test will measure upper body strength/endurance (push-ups in 1 min), abdominal strength/endurance (sit-ups in 1 min), flexibility (sit & reach), cardiovascular endurance (timed mile run), and anaerobic ability (shuttle run).

### Dance:

- Zumba, Wii Just Dance, Yoga and other dance related activities. (50-75 Points)

## Procedures:

### Arriving to Class:

- Students are given four extra minutes after the tardy bell rings to get dressed and be seated on the gym floor.
- Backpacks, cell phones, etc. must be left in commons area lockers before arriving to class.

### Entering Gym:

- Students are expected to enter the gym quietly and be seated in their assigned spots (“HOMES”) where they will sit quietly while we take roll.

### Warm-ups:

- Students will begin the class by engaging in a variety of stretches, agilities and warm-up routines.
- After stretching and agilities have been completed the students will run an assigned number of laps or for a set amount of time, either outside or in the gym.

### Explanation of day’s activities:

- After the warm-ups are completed students will return to their “HOMES” where they will be instructed to “SHRINK”.
- Once the students have come together we will proceed to inform them of the day’s activities. It is at this time we will instruct, demonstrate, and at times lead discussions on various topics such as current events, different fitness theories and specific sports.

### Activities:

- The class activities will be geared towards meeting the standards and objective of the state core curriculum.
- Skills involved with individual and team sports will be taught. Students will have the opportunity to participate in fun, competitive games where teamwork and sportsmanship will be heavily stressed.
- Students’ fitness levels will be tested throughout the semester to assess their muscular strength and endurance, cardiovascular endurance, and flexibility. These fitness tests will be performed periodically throughout the semester allowing the students and us to follow their progress and assess areas that need improvement.

- The focus of this class will be on: learning different motor skills involved with a variety of physical activities, learning rules of different sports, understanding different concepts associated with personal fitness, learning how to assess ones own fitness level, and gaining a personal desire to participate in life-long physical activity.

#### Cool Down:

- After the activities have concluded the students will be instructed to perform various cool down routines.

#### End of Class:

- Students will be excused 10 minutes before the clean –up bell rings to go to the locker room to dress and clean up.
- After the students return from the locker room they will return to their “HOMES” and wait to be excused.
- If a student fails to be in their “home” before the bell rings they will lose their 5 attendance points for the day.
- If a student does not check in on a consistent basis and the point deduction does not remedy the problem the student will be considered INSUBORDINATE. In this case a parent will be notified and a meeting will need to be arranged with the student, an administrator and I to discuss the situation.
- No student will be allowed in the hallway for water, restroom, look at pictures, talk, etc. until their teacher has excused them.

#### Class Dismissal:

- Students will return to their “homes” to sit quietly and wait for the bell to ring.
- The students need to understand that the bell is for me to know that class is over, not for them to get up and leave.
- After the bell has rung, if the students are all in their “HOMES” seated quietly, we will dismiss them.

#### End of Year Film:

- To end the school year we may show a film related to Physical Education. The film will be PG/G rated.
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# Make-Up Work

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- For ANY missed class period, points may be made up by bringing in the PE make up sheet located in the coach's offices. The STUDENT is required to do 1 hour of chores at home per class period missed.
- Run Days and Tests must be made up at school during their class period or homeroom.
- All make-up work **MUST** be turned in no later than 2 weeks from the day of absences.



This signed portion is worth **50 Points**.

**We have read the Physical Education Disclosure Statement and Policies and Procedures and understand the requirements.**

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Student Signature

Date

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Print Name

Class Period

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Parent/Guardian Signature

Date

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Print Name

**Medical Concerns:**