**IRVINGTON HIGH SCHOOL**

Physical Education Course Syllabus

For specific course information, please contact your PE instructor via their website [www.irvington.org](http://www.irvington.org)

Irvington High School Physical Education courses will incorporate the development of the 4 basic components of physical fitness: Strength, Flexibility, Agility, and Cardiovascular Endurance.

**Course Requirements**:

In order to participate in Irvington Physical Education courses a uniform (PE shirt and shorts) and IHS issued PE lock are required. Students can be provided a uniform and lock that must be returned at the end of the school year. **Students are encouraged to purchase their own new uniform and lock.**

**Required-** *(special circumstances considered on an individual basis)*

* Shoes: Athletic, Running, or Tennis shoes- rubber soles (NO boots, slippers or sandals)
* Socks must be worn
* T-shirts and shorts: Irvington issued uniform or Horner Jr High uniform with **your** first and last name is acceptable
* NO head gear/ hats
* NO sunglasses

**Optional-** Students are allowed to wear cotton sweats as long as they are wearing their required uniform

* NO jackets or windbreakers

**Grading**

A student must dress in proper gym clothes and participate daily in all aspects of class activities.  Students will have the opportunity to earn points daily. To view your grade, please register on school loop.

Grades are based on the following:

* **55% Daily: includes proper uniform, participation, positive sportsmanship and teamwork**
* **15% Skills Assessment/ Performance/Daily Skills**
* **15% Unit Tests/ Assignments/ Journal**
* **15% Distance Run/ BUUM**

***In addition to above the above grading system, in order to pass physical education students must complete our course outcomes:***

* Comply with all safety and health rules applicable to the class
* Receive no more than 8 unexcused marks in a semester
	+ Unexcused non dress
	+ Unexcused nonparticipation
	+ Unexcused non run
	+ Truancy

Students will only earn points on days of full participation. Students will not receive points for the following: any type of absence, any type of non-dress, medical. We offer opportunities for a student to make up any days missed during the current semester in Make- up PE during Flex Days on Wednesdays and Thursdays. In addition to Flex Days the following are accepted as Make up PE with permission from your teacher:

* Hiking Mission Peak to the top
* Spartan Training on Saturday and Sunday Mornings

 Proof of completion must be submitted to your teacher by the following Friday. Maximum of 2 Mission Peaks are allowed per quarter.

All Special Circumstances need to be worked out with your child’s teacher and will be dealt with on a case by case basis. It is your student’s responsibility to communicate with their teacher ahead of time.

\*\*\*If you know you will miss class for any reason you are allowed, and encouraged, to make it up ahead of time.

**Activities may include:**

Volleyball  Whiffleball   Soccer/Futsal   Badminton Square Dance  PickleBall Team Handball

Fleetball    Speedball  Basketball  Fitness Swimming Physical Fitness Testing

**Locker room:**

It is the student’s responsibility to lock all valuable items in their locker during class. All students are required to use a lock issued by the Physical Education department. Items lost or stolen in the locker room will not be the PE department or Irvington High School’s responsibility to recover. Please refrain if possible from bringing items of value to school.

Dressing time: 5 minutes at the beginning of the period and 7 minutes at the end of the period.

**Bullying:**

Bullying of any kind will not be tolerated in Physical Education. Students who are found bullying will be sent to the administration immediately for further action. If you feel as though you are being bullied or harassed, please discuss this with any PE teacher as soon as possible.

**Cheating:**

Cheating will not be tolerated. Cheating will result in loss of points and administrative consequences.

**School Loop:**

It is mandatory that all students are enrolled in a School Loop account. The Physical Education department uses School Loop for communication, grading, and assignments. The website is: https://ihs-fusd-ca.schoolloop.com/

**Physical Education Donation:**

The Irvington P.E. Department is continually in need of support for equipment and resources. As a department we are appreciative of any contribution you may provide. Please make check payable to Irvington High School and return with this signed form.

$10.00 $20.00 Other amount

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**Sign below indicating you have read and agree to our Irvington PE syllabus.**

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**Student Name – please print Date Period PE teacher**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student signature**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent signature**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent email or phone #**

**Please share any information you would like us to know in order to support the success of your child (medical needs, injuries, etc.).**

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