



PHYSICAL EDUCATION

Welcome to John Muir Physical Education:

We have an excellent Physical Education program and we are looking forward to working with each student. So that both students and parents understand the Physical Education regulations, we ask that you and your child read this sheet together, sign the second page, and return it with your child to his/her Physical Education teacher tomorrow.

CLOTHES AND MARKINGS:

John Muir Middle School and San Jose Unified School District have made the decision to use a standard Physical Education uniform for all middle schools and high schools. We would like your child to have his/her uniform purchased prior to the end of the first week of school. For your convenience, PE uniforms can be purchased directly from California Sport Design, 2878 Bascom Ave. San Jose 95124 (408) 559-1888. Please find the cost of the PE clothes below. **The price includes sales tax.**

T-shirts \$12, Shorts \$15, Sweat Shirts \$22, Sweat Pants (long) \$20

Used clothing may be purchased from the PE department for \$5 per item, while supplies last. The student's **first and last name** must be printed with black, permanent ink (or iron on) on **ALL** pieces of the uniform in letters that are at least one inch high. Nothing else is to be written on your students clothes. Clothing must be size appropriate.

Students are expected to change into their own PE clothes everyday. Clothes that are worn to school are **not** to be worn to PE. Students may not wear their school clothes under their PE clothes, including swimsuits. If sweats are worn, they must be light gray in color. Sweat clothes are optional, but are highly recommended. **No jewelry.** Shoes must be appropriate for sports and **must be laced correctly.** Students must not share PE clothes or swimsuits. PE clothes are not to be worn to other classes. Lost/Found clothing will be held for five (5) school days.

LOCKERS:

Gym lockers, and locks are provided by the school for students to store their PE clothing. The locker location and combination will be recorded in the PE office. **Students should not share their combination or their lockers with anyone.** All personal belongings must be placed in the gym locker prior to exiting the locker room. Once students have vacated their lockers, any remaining items will be held for five (5) school days.

PHYSICAL EDUCATION BEHAVIOR EXPECTATIONS:

Safety: Keep hands, feet, and objects to yourself. Keep food, drink, and gum out of physical education class.

Organization: Come on time, prepared, and ready to work. Be in the assigned area at the start of the activity period, dressed in proper P.E. clothes.

Achieving Goals: Listen, follow directions, and participate. **ACTIVELY** participate.

Respect: Speak with positive language. Give respect to earn respect.

S.O.A.R.: Be truthful, polite, and work cooperatively with others. Speak to others with respectful and positive language.

PROHIBITED ITEMS:

- Phones or Cameras
- Aerosol sprays.
- Food, drinks, or gum
- Glass



MEDICAL EXCUSES:

District policy states the following:

- A. A note may be written by the student’s parent/guardian to excuse the student for 1 to 3 days.
- B. A doctor may excuse a student from PE for more than 2 weeks. Students with such notes are still expected to suit up in their PE clothes unless excused by a doctor, but they will not be required to actively participate. They will be given an alternative assignment during the medical time.

****Notes from home need to include the student’s name, date, reason for excuse, parent signature, contact information, and length of time student will be unable to participate.****

Parents, please note! Daily participation is the basis of our entire program. If your child is well enough to be in school, he/she is usually well enough to participate to some degree in the class activity. We would like to have every student participate everyday.

Students must report all accidents to their teacher, immediately.

GRADING:

For each day, students earn points towards their overall grade. Each student’s grade is determined by the number of points he/she earns in participation (which includes dressing out everyday), fitness, skills learned, quizzes/tests and written assignments. Students can lose points for each of the following: unexcused absence, non-suit, unexcused tardy, non participation, poor behavior, or R.C. referrals (Responsibility Center)

Since active participation is the most important part of our program, the following action will be taken if a student is not dressed for Physical Education:

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|----------------------|--|
| 1st Non-suit | Warning, points deducted |
| 2nd Non-suit | Warning, points deducted |
| 3rd Non-suit | Letter sent home to be signed by parents & returned the NEXT DAY, points deducted, parent phone call by teacher (if letter not returned) |
| 4th Non-suit | Responsibility Center Referral, parent phone call by teacher, points deducted. |
| 5 or more Non-suits- | Teacher Responsibility Center referral, points deducted, Assistant Principal of Discipline - parent phone call, Saturday School, teacher/APD/parent/student meeting. |

Make-up for Non-suits

- What: 1 mile = 1 non-suit, 15 minute time limit
- When: Monday, Wednesday, and Thursday the last 2 weeks of each grading period at 2:50pm
- Where: On the field by the tennis courts

If you have any questions, please feel free to contact us at (408) 535-6281.

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Thank you,

THE JOHN MUIR PHYSICAL EDUCATION STAFF



Please sign and return to school with your student.

I HAVE READ AND UNDERSTAND THE RULES AND REGULATIONS FOR
PHYSICAL EDUCATION.

Student Name _____ Student Signature _____
(Print) (Sign)

PE Teacher _____ Period _____

Parent/Guardian Signature _____ Date _____
(Sign)

PARENT CONTACT AND STUDENT INFORMATION

Parent/Guardian Name _____
(Please Print)

Home/Cell Phone _____

Work Phone _____

E-Mail Address _____

Medical Conditions _____

