

Vail Ranch Middle School Physical Education Department

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Class Syllabus

All class information can be found on:
CANVAS or PE School Website

Welcome to Physical Education

Lockers and Dressing

- Do I have to get a lock and locker?
- Bring your own COMBO (no KEY) lock or get a school provided one.
- Do I have to dress out for PE?
- What is appropriate clothing for PE?

Grades

While each teacher's grading style/system may vary slightly, students will earn points based on their effort, participation, and attitude. Please contact your teacher with any specific questions you might have regarding your grade.

Participation Make Ups

- Absences must be made up through **30 minutes** of activity per absence. (Clearing it at attendance does not excuse you from PE)
- Email or communicate with your teacher the activity that you completed.
- **Conditioning/ Mile makeups** – must be done during class.
- **Student has 10 school days to make up an absence.**

*Special circumstances, please see your teacher.

Parent Notes

- Parent note can be used for up to **3 days**.
- Student can also communicate directly with teacher if they need to be excused (note not necessary).
-
- Student must make up any work missed while on parent note..

*Special circumstances please see your teacher.

Dr. Notes/Medical

- Dr. Note required after 3 days of parent note per district policy.
- Grade is frozen, student reports to library for study hall and student does not need to make up any worked missed while not in class..
- **If a student missed more than 12 days in the first grading period or 25 days in a semester, a No Mark will be issued on their report card.**
- Have your Doctor be specific about restrictions and modifications and submit to school nurse.

*Special circumstances, please see your teacher.

2023-2024



100 MILE CLUB



ACCEPT THE CHALLENGE

#1 Middle School Program in CA (New Balance)

- The 100 Mile Club is a physical fitness and life skills project for all individuals based on the goal of running, jogging, or walking 100 miles at school during a single school year.
- **All students will be tracked miles during PE class.**
- Students accumulating at least 100 miles will receive a certificate
- Anyone who wants a T-shirt and incentives must purchase the membership \$15 or \$20
- Incentives are given as students accumulate miles (certificate/medal/shirt/etc.)



https://www.youtube.com/watch?v=zWDGddUX_rM



100 MILE CLUB

We Make Running Fun!



The 100 Mile Club® is starting soon at our school! The goal? Run or walk 100 miles and earn a **Gold** Medal. Our signature incentives celebrate MILEstones reached by your child on their 100 mile journey. This year, we have two exciting ways your child can celebrate their miles!

ELITE

Our original, **Elite** package has established 100 Mile Club as the elite school-based health and exercise program for over 30 years. It includes:

- Challenge Accepted card
- Annual Sticker
- MILEstone stickers (4)
- Dog Tag Keychain
- 25 Mile T-shirt
- 50 Mile Pencil
- 75 Mile Wristband
- Year-End Certificate
- 100 Mile Gold Medal and Lanyard

Only
\$15

ULTRA-ELITE

The **Ultra-Elite** package is the ultimate way to motivate students and delivers the most incentives we have ever offered! It includes:

- **Everything** in the **Elite** package!

PLUS

- Custom Drawstring Backpack
- Collapsible Water Bottle
- Printed "WOW" Certificates
- Folding Flying Disc

Just
\$20

MORNING RUNNERS



Morning Runners Club

- Meets every Tuesday/ Friday
(Locker room opens at 6:45 AM)...RUN/WALK at 7:00
- Miles count for 100 Mile Club
- **Open to all students and abilities**
- Most runs are done on trails
- Runs range from 1–3 miles in the Fall and 2–5 in the Spring.
- You choose the distance and pace
- Parents are welcome to join us

JAMBA JUICE RUN



CORN MAZE RUN



Vail Ranch Sports (TBD)

- Boys/Girls Cross Country (fall) – School Sponsored
- Girls Volleyball (fall) – Off Campus
- Boys Baseball (fall) – Off Campus
- Boys/Girls Basketball (spring) – Off Campus
- Boys/Girls Golf (spring) – School Sponsored
- Co-Ed Soccer (winter) – School Sponsored
- Boys/Girls Track and Field (spring) – School Sponsored
- Hockey – Off Campus
- Mountain Bike – Done through Great Oak HS website

Above sports with the exception of Cross Country and Track involve tryouts.

VAIL RANCH GOLF CHAMPIONS



Basketball Champions





GOLD RIBBON SCHOOL



VAIL RANCH MIDDLE SCHOOL

BUILDING
100
ADMINISTRATION



GOLD RIBBON SCHOOL



VAIL RANCH MIDDLE SCHOOL



VAIL RANCH TRACK and FIELD CHAMPIONS



Soccer Champions



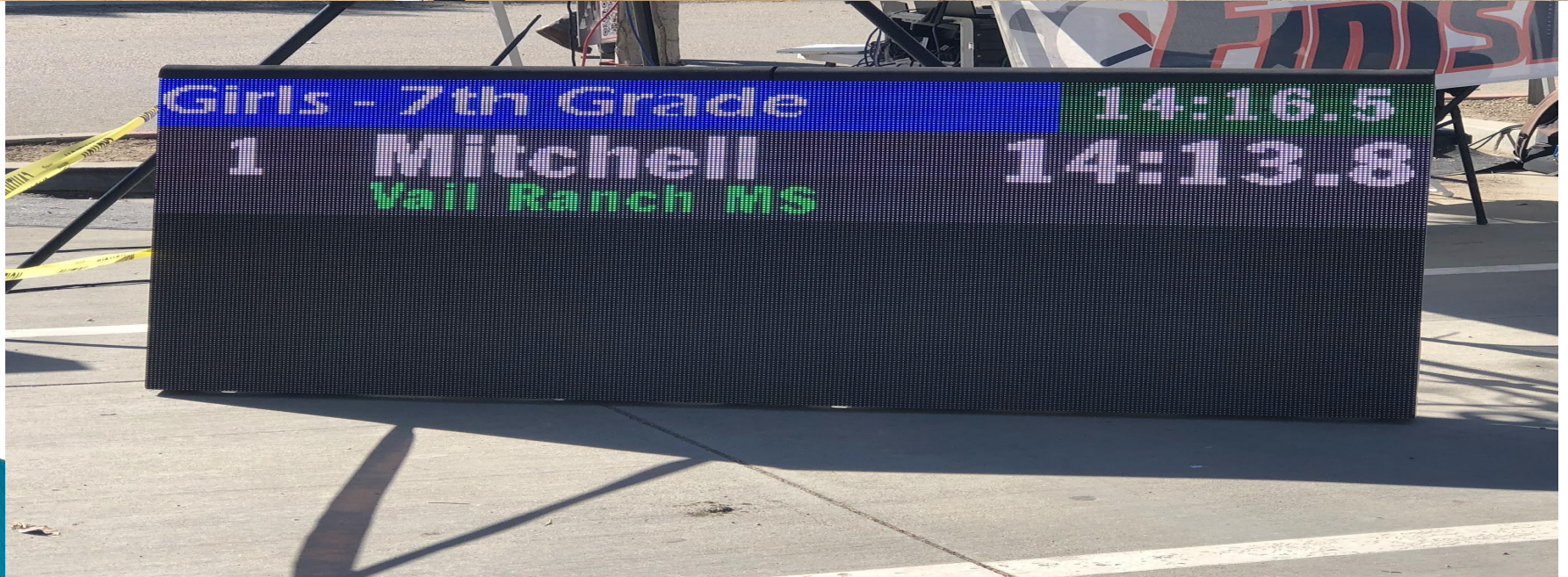
CROSS COUNTRY CHAMPIONS











2022 Vail Ranch Cross Country

- **136 Team Members in 2022 (236 in 2016)**
 - **5 - Grade Level Championships**
 - **2 - Individual Champions**
 - **93 - Individual awards**
 - **#1 ranked Boys/Girls combined team in Inland Empire over the past decade.**
 - **One of the largest middle school Cross Country programs in the Nation.**
 - **16 Years Strong...**
- *Free Program, No Tryouts, No Practices***

Vail Ranch Middle School

Cross Country Schedule 2023

Day	Date	Event/Location	Time
Wednesday	September 27	Vail Ranch Practice Meet - VRMS	7:00 AM
Open to all Vail Ranch athletes – Team shirts issued to everyone			
Wednesday	October 4	Vail Ranch Invitational	9:00 AM
Open to all Vail Ranch athletes –			
Friday	October 13	Mt SAC Invitational	2:00 PM
<u>No</u> bus for this meet – Top 7: Varsity Boys and Girls only			
Thursday	October 27	Beaumont Invitational	9:00 AM
Bus leaves school at 7:00 AM and returns to VRMS at 1:30 PM – unlimited runners			
Thursday	November 9	Diamond Valley Lake (Aquatic Center)	9:00 AM
Bus leaves school at 7:15 AM and returns to VRMS at 1:30 PM – unlimited runners			
Thursday	November 16	Temecula Valley All-Comers @VRMS	3:30 PM
No bus for this meet – unlimited runners			
Saturday	December 2	Foot Locker West – Mt. SAC	TBA
Optional race for athletes and parents – On-line registration (information to come).			

Welcome to what I believe is the #1 Middle School Cross Country School in the area! 139 (236 is our record) students participated on the Vail Ranch Cross Country team in 2022. Please check the VRMS PE website for additional information regarding Cross Country. **Races are 1.8–2.0 miles long.**

Intramurals – lunch

Intramurals are open to **ALL** students during lunch on Tuesday/Thursday

Volleyball – One Bounce

Dodgeball

Wall Ball

Soccer

Flag Football

3 on 3 Basketball

Daseball (baseball/dodgeball)

Individual Competitions

Intramurals – Dodgeball





INTRAMURALS – DASEBALL





WALLBALL



INTRAMURALS – VOLLEYBALL



INTRAMURALS – SOCCER



INTRAMURALS – BASKETBALL



INTRAMURALS – FLAG FOOTBALL





PE Donation Fundraiser



<https://www.signupgenius.com/go/9040A45ADAB22A1F58-bulldog1>