

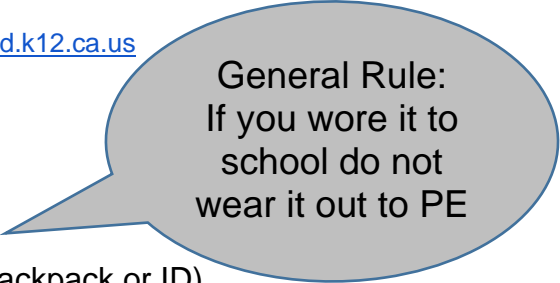
**Bella Vista Middle School
Physical Education Department Policies**

Physical Education is an integral part of the total education at Bella Vista Middle School. Students will be exposed to various sports, games, activities and skills that will improve physical fitness, health, cooperation, and reduce stress. Our goal is to create an environment where life-long fitness is the expectation.

Lori Brooks
lbrooks@tvusd.k12.ca.us
Jay Ortolano
jortolano@tvusd.k12.ca.us

Doug Kossak
dkossak@tvusd.k12.ca.us
Ashley Rasmussen
arasmussen@tvusd.k12.ca.us

Wes Wood
wwood@tvusd.k12.ca.us



DRESS GUIDELINES

- Dress in BVMS uniform for PE every day, in any weather.
- Wear your own BVMS PE uniform only, **NO SHARING**
- Borrow clean loaner clothes from PE staff with collateral (backpack or ID).
- Keep uniform clean and “rip-free”.
- Write first and last name on name bar only. No other writing may be on PE clothes.
- Please keep PE sweatpants and sweatshirts in locker for a cold day.

NON SUITS

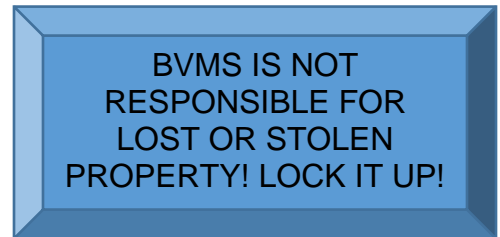
- A non-suit will result in an automatic referral (email to the office with a discipline point)
- Additional non-suits will result in a referral, discipline point, and a drop in letter grade.

LOANER CLOTHING

- Students may borrow clothing at the beginning of the dress period.
- Loans are a privilege and not to be abused. Abuse will result in loss of loan privileges.
- Denial of loans due to irresponsible behavior will result in a non-suit and will carry the appropriate discipline as described above under “Non Suits.”
- Borrowing loans can result in lowering of daily points, break detention and other assignments based on teacher discretion.
- Return clothing right side out in the dirty laundry basket so it can be washed.

LOCKS & LOCKERS

- A lock and locker will be issued to each student; the lock must be returned at the end of the year or if leaving school.
- Locker and locker room usage is a privilege and can be suspended.
- Lost locks will cost \$8.00 to replace.
- To help eliminate theft **ALWAYS** lock up your belonging and please do not share lockers or your locker combination.



Student Name _____ PE Period _____

Circle one:

Mr. Kossak Mrs. Brooks Mr. Ortolano Mrs. Rasmussen Mr. Wood

Please indicate anything you wish your PE Teacher to know: _____

Parent Signature _____ Student Signature _____

(Over →)

GRADING POLICY

Every student has the opportunity to earn a satisfactory grade regardless of athletic ability. Students earn points through exhibiting consistent sportsmanship, effort and teamwork. Points can be deducted for non-participation, unsportsmanlike behavior, missing make-up work, non-suits, or excessive loaners.

Grade will be based on:

- State Physical Education Standards
- Fitness/ Running Tasks
- Participation/ Effort
- Social behaviors

Please see your PE Teachers website for specific criteria.

SICK – INJURED – MEDICAL

If you are unable to participate in PE please bring in a note from a parent and turn it into our health clerk before school. Any illness or injury beyond 3 days requires a Medical Excuse from a Physician stating the limitations. Depending on the injury level, students may still be required to dress out and may be provided with a modified activity. If a student is Medically Excused from a Physician for 3 or more weeks a pass/fail grade will be earned upon completion of written work or a grade may be earned if all run days are made up when the student returns.

Parent Notes requesting up to three days of rest from PE must include:

1. Have student's first and last name
2. Be signed by a parent with parent phone #
3. Provide a reason for no PE

MAKE UP WORK FOR PARTICIPATION DAYS

Because this is a participation class all work must be made up. Clearing an absence through attendance does not excuse the work missed in PE. If you missed a participation day (regardless of the reason) you must complete 30 minutes of an aerobic activity (get heart rate up and get sweaty) and then turn in an absent make up form found on your teacher's website. All absent make ups must be turned in within 2 weeks of the missed day. All grade updates are on Infinite Campus.

PE Absence Make-up Sheet

Directions: For each day you are absent, you must complete **30 minutes** of **aerobic-type** activity (activities that make you breathe hard, and make you sweat). Examples would include running, jumping on a trampoline, riding a bike, playing basketball, swimming laps, etc. Complete one of these slips for **each day** missed. The absence must be made up within one week of your return to school.

Name: _____ P.E. Teacher: _____
Date of Absence: _____ Period: _____

Describe Activity: _____

Length of Time: _____

Parent Signature _____ Parent Phone Number _____

MAKE UP WORK FOR FITNESS AND RUN DAYS

All Fitness and Run Days must be made up in class with your teacher. Because you are missing class activity you will need to complete an absent make up form in addition to making up the run in class. You **MAY NOT** use an "Absent Make up Form" to clear a missed fitness or run activity.

Students and Parents: please initial that you plan to follow the Department Guidelines

- _____ I understand that I must be dressed in BVMS uniform daily.
- _____ I understand that non suits result in disciplinary action.
- _____ I understand that I can borrow clothing during the first 2 minutes of the period only.
- _____ I understand that locks and lockers are a privilege
- _____ I am responsible for positive locker room behavior.
- _____ I must turn in a note before school to the health office if I cannot participate.
- _____ I must get a Physicians note to be excused for longer than 3 days.
- _____ I must make up every day I miss.
- _____ I must use a PE Make up Form within two weeks for a missed participation day.
- _____ PE Make up Forms must be filled out by the student and signed by a guardian.
- _____ I must make up fitness and run days with my teacher at school.