

**MEDINA VALLEY MIDDLE SCHOOL**  
**PHYSICAL EDUCATION**

**OBJECTIVES:** To help students, through the use of sports and conflict resolution, to develop their minds and bodies to acquire the self-esteem they need to become self-motivated, competitive, model citizens in our society.

**GRADING:** The nine weeks grade will consist of a minimum of 14 grades (but not limited to).

Participation 40%                      Dressing Out 40%                      Test (Written/Skills) 20%

**UNIFORMS:**

- ❖ SOLID black, orange or gray round neck shirt. No V-neck t-shirts. MV LOGO spirit t-shirts in the same colors are allowed.
- ❖ BLACK Mesh Shorts (no tights/biker shorts/yoga pants) Must be of modest length (fingertips must meet with the length of the short or longer) \*\*\*Sweats when needed.
- ❖ Hair must be tied back and away from the face at all times.
- ❖ NO jewelry will be worn during class (including newly pierced ears – SAFETY ISSUE)
- ❖ Must wear proper athletic shoes or will not be allowed to participate (SAFETY ISSUE) IE: NO Sperrys, Converse, Vans, shoes without laces, Velcro straps are allowed.

**ILLNESS:**

- ❖ ONLY a note from parent/guardian will EXCUSE student from activities.
- ❖ A doctor’s note will be needed if the illness lasts more than 3 days.

**TARDY POLICY:** If the student is not in their assigned spot when the bell/buzzer sounds, they will be marked tardy.

**DRESSING ROOM: (Cause for Infractions)**

- ❖ Provide your own **numerical combination lock**.
  - ❖ Lock up valuables\*\*\*Coaches **are not responsible** for any lost or stolen items.\*\*\*
  - ❖ Respect the rights of others.
  - ❖ Listen to instructions the first time they are given.
  - ❖ Keep hands and feet to yourself.
  - ❖ Keep negative comments to yourself.
  - ❖ No glass containers.
  - ❖ Due to multiple health concerns, no aerosol cans, perfume spray, lotion or gels are permitted.
  - ❖ Food/gum/candy are not allowed.
  - ❖ No HORSEPLAY is allowed at any time.
  - ❖ Phones **ARE NOT** allowed in the gym/locker room area at any time.
- SAFETY FIRST!!!

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**PARENTS:** If you have any questions or concerns, please call 830-931-2243.

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**STUDENT SIGNATURE**

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**PARENT SIGNATURE**

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**DATE**

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**DATE**

**Coach Quiroz**  
[sonia.quiroz@mvisd.com](mailto:sonia.quiroz@mvisd.com)

**Coach Sotelo**  
[mike.sotelo@mvisd.com](mailto:mike.sotelo@mvisd.com)

**Coach Thoele**  
[annette.thoele@mvisd.com](mailto:annette.thoele@mvisd.com)

**Coach Qualls**  
[daniel.qualls@mvisd.com](mailto:daniel.qualls@mvisd.com)