

Dr. Ken Wagner

Principal



# RANCHO MIRAGE HIGH SCHOOL

LD Matthews - Head Football coach  
Megan Myers - Dance and Cheer coach  
Rob Hanmer - Head Basketball coach

Chris Calderwood

Vice Principal/AD



31001 Rattler Road Rancho Mirage, CA 92270

Website: [ranchomiragehighschool.org](http://ranchomiragehighschool.org)

## RATTLERS Physical Education Syllabus

### Course Objective

The objective of this class is to compliment the academic programs at Rancho Mirage High School through physical activity, student leadership, and student interaction. Students will interact with others through physical activity to enhance their health, coordination, cooperation and thinking skills. Students will have the opportunity to try many different fitness activities in addition to team sports.

### Class Rules

- Do not talk when the teacher is talking.
- Always dress out in proper PE clothes.
  - School PE uniform, Athletic team uniforms or a solid color (no writing) crew neck t-shirt and athletic shorts in **school colors**.
  - PLEASE wear Athletic shoes. No sandals, boots or bad to run in shoes
  - Non-suits will result in a MAJOR grade reduction.
- Be on your roll call # and sitting down before the teacher arrives.
- Stay on task – NO HORSEPLAY!
- Never leave class/PE area without permission from the teacher.
- BE RESPECTFUL OF OTHERS – Please, no foul language or disrespectful speech.

### Requirements

1. **Daily Attendance and Participation.**- All students are expected to participate in each day's activity to the best of his/her ability. You must be dressed in proper PE clothes and footwear. School policy for dress code applies to PE classes
2. **Sportsmanship** – behavior that is fair, honest and polite
3. **Fitness Related Warm Up Activities and Fitness Testing**
4. **Rattler runs**- Pacer runs, Mile, ½ mile, jog/ walks

### Grading- Points will be earned in class by:

- Daily Attendance
- Daily Participation and Sportsmanship
- Wearing correct physical education athletic attire
- Warm up activities including stretching and fitness skills
- Various walk /Rattler run activities/ Fitness testing
- A final at the end of each semester will be given and could include a written essay, fitness testing or a test on a sport played that semester.

*\* Make up work for an absence (excused and unexcused) is the responsibility of the student and he or she must see the teacher for the assignment.*

*\* If your student has a medical issue that may cause difficulty in PE class , please let your teacher know via email or note. Thank you!*