

Physical Education Guidelines

Physical Education significantly contributes to students' well-being; therefore, it is an instructional priority and an integral part of our students' educational experience. Physical Education contributes to good health, develops motor skills, improves students' self-confidence, and provides opportunities for increased levels of physical fitness that are associated with high academic achievement.

PE Uniform

May be purchased from the school ASB

Proper fitting clothing appropriate for exercise at school

Plain black athletic shorts

Plain gray full length T-shirt (no tank-tops)

Athletic shoes (no sandals, flip flops, dress shoes, cleats or boots)

No headgear (hats, stocking caps, headbands, or bandanas)

For cold weather, students may wear plain black sweatpants and/or a plain sweatshirt

No jackets or sweaters

Students are not allowed to share uniforms with other students. Shared clothing will be confiscated.

Lockers

Lockers are issued to students with a lock and proper PE uniform. Students may not claim their own locker, share, or change lockers without teacher permission. Students are responsible for their own belongings. All items should be locked up, worn, or watched at all times.

Locker Room Rules

Dress quickly and follow directions

No loud noises, running or horseplay

No food or drink

No aerosol sprays (deodorant, body spray, perfume, etc.)

No glass items (mirrors, deodorant, nail polish, etc.)

No camera or video or electronic devices

Absences

Participation is extremely important in PE. Students who are absent or unable to participate for any reason should request make-up work. Make-up work is at the teacher's discretion.

Excuses

All students must suit up for PE even if they bring a note excusing them from activity. A parent may excuse a student for 1-2 days, beyond that; a doctor's note is required. The note should include a brief explanation of the problem and a telephone number. A doctor's note must be taken to the school nurse before PE class.

Grading

Grades are based on performance of the California State Standards. Students are expected to do their best and act responsibly at all times. Students start the semester with an A (zero points). The goal is to accumulate as few points as possible. Points are accumulated for the following actions:

One point – Showing poor effort or character or lack of proper uniform

Two points – Absence, failed test

Three points – Defiance, truancy, endangering others

Grade	Progress Report 1	Progress Report 2	Final Grade
A	0-3	0-6	0-10
B	4-6	7-13	11-20
C	7-10	14-20	21-30
F	11+	21+	31+

Grade penalties may be avoided if student chooses to do a make-up activity. Students need to discuss the activity with their teacher.