

Physical CUHS Education

The PE department would like to inform parents of the following to ensure student success.

1. The Physical Education requirement for California high school graduation is four (4) successful semesters.
2. Students are expected daily to:
 - ★ participate in all physical activities
 - ★ provide an appropriate change of clothes **with first and last name clearly marked** *
⇒ [*The grey shirt & black shorts PE uniform is strongly recommended]
 - ★ wear athletic socks and shoes,
 - ★ use a combination lock. **** NO KEY LOCKS ****
 - ★ remove all jewelry, accessories, gum, candy or objects in mouth prior to roll call
3. All students will be tested in accordance with the California State Physical Fitness Exam. Results are submitted to the state in the spring.
 - ★ Mile run test
 - ★ Timed Push – up test
 - ★ Timed crunch test
 - ★ Shoulder flexibility
 - ★ Trunk Lift
 - ★ Height and Weight

*Students must satisfactorily complete 2 years of PE and meet 5 out of 6 components of the Physical Fitness Test to ask to be exempt from PE.
4. Class activities will alternate between skill/sport and physical conditioning. Depending upon the time of year and available facilities, classes will rotate to include at least two aerobic training (run) days per week.
5. Class grades will be earned by student participation, preparedness, and responsibility.
 - ★ 2.5 points daily exercises
 - ★ 2.5 points daily activity
 - 5 points can be earned per day

*Daily Participation = 80% * Unit/ Skills Tests= 10% * Midterm/ FINAL 10%
6. Students are responsible for making up all class absences or medically excused non-participations. Please see your teacher immediately when you return for further information.

CUHS

Teacher Creed

As your teacher I will not allow you to do anything that is not in your best interest or in the best interest of this classroom.

As your teacher I will not allow you to stop anyone from learning for any reason whatsoever.

As your teacher I will not allow you to do anything that stops me from teaching for any reason whatsoever.

No Manipulations

Never question my management system while I am teaching.

School Wide Rules

1. Follow Directions
2. Be on time/ prepared
3. Keep your hands, feet, and objects to yourself
4. No teasing, bullying, harassment, or put downs
5. Use appropriate language

Consequences

1. Warning
2. 5 minutes out of activity
3. 10 minutes out of activity
4. Parent phone call
5. 20 minutes out of activity (w/ another teacher)

Severe

1. Student referral (office)

Rewards:

1. Praise/ encouragement
2. Positive notes home
3. Parent phone call
4. Floating A

Students with questions or concerns may make an appointment to meet with the teacher after school.

Central Union High School
Physical Education Class
Policies, Procedures, and Expectations

Goal: The uniqueness of Physical Education is that it has the potential to contribute to the education and development of the entire individual through the medium of movement. The objective of this class is to compliment the academic programs at Central Union High School through physical activity, student leadership and interaction. Students will interact in lifetime activities to enhance their health, coordination, and thinking skills.

1. DRESSING REQUIREMENTS

- a. Students must wear appropriate physical education clothing (both shirt and shorts), socks, and athletic shoes.
- b. Clothing must have student's name on it. The sharing of clothes is not allowed.
- c. Proper wearing of PE clothes must be observed at all times. No sagging of shorts, exposing of underwear or boxers, or excess clothing (school clothes must be removed and left in a locked locker.)
- d. All students should be dressed and ready for roll call at the class site 5-7 minutes after the tardy bell. You will sit in your assigned spot facing forward during roll call.
- e. **All** jewelry/accessories are to be removed prior to leaving the locker room. This is a safety issue. Teachers will not hold jewelry and/or accessories.
- f. Students must stay with their class until dismissed by the teacher to dress. Students are to remain within the PE area (inside the gates) the entire class period.

2. LOCKER ROOM

- a. Students must supply his/her own combination lock. Lockers will be issued and are for use while in your PE class only. **DO NOT** share lockers.
- b. Memorize your locker combination and keep it written down in a safe area at home. Do not share your combination with another student. The school or district is not responsible for theft or damage to property.
- c. No horseplay / messing around in the locker rooms.
- d. No glass in the locker rooms (i.e. cologne/perfume bottles)
- e. No food, gum, drinks, candy, cups or trash allowed in the locker rooms.
- f. Please use the trash cans.

**Student grades are composed of the total points earned for a semester. (Grades are cumulative)

Daily Participation = 80% Unit / Skill Tests = 10 % Midterm / FINAL (PE Portfolio) = 10%

3. ABSENCES AND INJURIES

- a. Absences – Students who are absent (excused only) are required to make up the points lost for that day. You may either hand write an essay on a Physical Education related sport/topic OR you may chose to exercise outside of class (45 min.) and write a one page summary with a parent signature.

c. Doctor's Note – If a student has a doctor's note stating they can participate on a limited basis, the student is required to dress and participate on that limited basis, and he/she receives full credit. If a student has a doctor's note excusing them from dressing and participation, then the student must ask the teacher for make-up work. A doctor or parent note must include the following information: date, reason, phone number, and signature of doctor, parent, or guardian. A parent excuse is good for one- three days only.

d. Illness/Injury during class: If you become ill or injured during class you must inform the teacher as soon as possible. An accident form will be filled out if needed or a pass will be written to go to the front office to see the nurse and call home.

4. CITIZENSHIP

- a. Courtesy and cooperation with the teacher, student aides, and other students is required at all times.
- b. Abusive and vulgar language will not be allowed.
- c. Equipment and facilities will be respected and not abused.
- d. Students must follow directions. ALL school rules apply in PE.

** It is your responsibility to abide by these rules and regulations. Failure to abide may lead to disciplinary action.

Remember, Physical Education is total involvement, active participation, and FUN!

Please share any information you would like us to know in order to support the success of your child (medical needs, injuries, etc.).

-----Cut-----Cut-----Cut-----

I have read the rules, policies, and expectations with my parent/guardian and will follow all that has been outlined for me to have a fun and safe school year in my PE class.

Student Name: _____ Period: ____ Student Signature: _____

Parent/Guardian Name: _____ Signature: _____

Daytime Phone Number: _____ Evening Phone Number: _____

Parent E-mail: _____

Please return this form to your teacher