

Rio Real Physical Education

THE OFFICIAL STUDENT HANDBOOK FOR YOUR 2019-2020 BULLDOG P.E. EXPERIENCE

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

Derek Jeter

Mission Statement

- Rio Real physical education is a comprehensive program designed to allow students to discover the skills and strategies necessary to achieve and maintain total personal wellness-

Standards Based Instruction

Rio Real Physical Education is based on instructional standards set forth by the State of California. Everything we teach is currently suggested, recommended or mandated by the State of California. This provides each student with the highest quality P.E. experience.

For more information on State Physical Education standards visit:

WWW.CDE.CA.GOV

What to Wear

Students are encouraged to dress for success each day in a P.E. uniform. The P.E. uniform consists of blue shorts, Gray t-shirt, and sturdy athletic shoes with ties. Shoestrings must be tied to prevent shoes from coming off during activities. Light gray sweatshirts and sweatpants are optional but do take the chill off cold weather days and may be worn over the PE uniform. Sweat must have no writing, logos, or zippers. As a safety feature sweatpants must have an elastic cuff P.E. sweats will be sold throughout the year.

Rio Real P.E. is proud to offer Brand "X" uniforms to students who mismanage their uniform. These are freshly laundered loner uniforms. Be sure to ask your P.E. teacher for the consequences you will incur each day you borrow Brand "X". Look sharp and ALWAYS wear your Rio uniform!

What NOT to Wear

- Your cell phone
 - Excessive or loose fitting jewelry
 - Sunglasses without Dr.'s authorization
 - Sweats w/writing, zippers, or logos
 - Dress shoes, sandals, unlaced shoes, boots, UGGS
- *Sweats UNDER your PE uniform

Grading Policy

40% PARTICIPATION and EFFORT: Including: promptness effort and attitude during daily class activity (**including weekly Timed Runs**) and acceptable cooperation with others

20% PERSONAL FITNESS: Students will participate in a weekly cardiovascular fitness evaluation which may include but is not limited to: THE RIO 25 (25 minute run/walk), ONE MILE RUN (State measure), continuous jog and others. STRENGTH/FITNESS DAY scores may also be added into this category. All grading scales and methods of evaluation are based on California State Fitness Standards.

15% WARM-UP: Exceptional effort during warm-up including Rio Ladder, Rio Jack's, stretching and sitting in roll order

10% HOMEWORK AND CLASSWORK: In conjunction with the physical activities in PE, students will be asked to demonstrate knowledge of the following areas, both in the classrooms and at home (via quarterly projects): general health and nutrition, offensive and defensive strategies of the various units, specified fitness/nutrition plans for the individual student, body types/awareness. Students will also be evaluated on a number of worksheets completed in the PE classroom. Examples of topics addressed may include: The Benefits of

Fitness, Cardiovascular Fitness, Goal Setting, Human Related Fitness, and Nutrition for Life, among others.

10% SKILLS ASSESSMENTS: Students will be evaluated on their ability to participate fully in Real’s PE units. The emphasis of the assessments will focus on a student’s demonstration of their knowledge of the rules of the game, the growth of their skills related to the game, and overall participation in an individual or team setting.

5% PERSONAL MANAGEMENT: Students are held accountable for having their PE clothes and following locker room procedures.

A+ = 97-100 B+ = 87-89 C+ = 77-79 D+ = 67-69 F = 59 or less
A = 93-96 B = 83-86 C = 73-76 D = 63-66
A- = 90-92 B- = 80-82 C- = 70-72 D- = 60-62

Climate	Air Quality
<p>The City of Oxnard may experience extreme temperatures that are not conducive to strenuous activity. Rio Real has established an upper temperature limit of 88 degrees and a lower limit of 44 degrees Fahrenheit.</p> <p>Class activities will be MODIFIED on such occasions when the temperature meets or exceeds this limit based on current readings reported on line</p>	<p>Seemingly clear on most days, air quality in Oxnard is at times unhealthful and may contain toxins not detectable by casual observation. At such times, strenuous physical activity is not recommended.</p> <p>Activity modifications will be made according to the particle readings reported by the Air Quality Management District.</p>

Medical Limitations

Please provide our school health assistant with detailed information regarding any condition including (asthma) that may limit your child's complete participation in P.E. class. A modified physical education program will be provided for such students.

Parents, it is important to note that medical notes are valid for up to 3 days. Beyond that a doctor’s note is required that states **exactly** what the student can and cannot do.

<p><i>Parent Note</i></p> <ul style="list-style-type: none"> ● Before class(when you arrive at school) take your note to the nurse up in the front office. ● Excuse for 1-3 days ● Stand on your number for attendance, then go to the library to work on PE assignment ● Must make up any runs or classroom assignments 	<p><i>Physician Note</i></p> <ul style="list-style-type: none"> ● Before class(when you arrive at school) take your note to the nurse up in the front office. ● Stand on your number for attendance, then go to the library to work on PE assignment ● Excused for 4 days or more ● Missed work is excused, including all runs
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Class Absences/Make-Ups

All missed work must be completed. Students do not need to make up daily participation points. Quarterly projects must be kept up to date. The Rio 25, Mile run, Timed Run and Bulldog jog must be completed, except in cases of long-term absence due to injury with a doctor's note. Always **submit your best work.**

Locks and Lockers

All Rio Real PE students will be assigned a locker along with a school-issued combination Master Lock. This is the only lock that may be used to secure your locker. All other locks will be removed and discarded. Please keep the lock in good working order, as it will be returned at the end of the school year. Lockers must be kept clean and free of any stickers, shelves, mirrors, photos, and all other attachments. At year-end, each student will clean and detail their locker for inspection. Students who lose their locks will be charged a \$6.00 replacement fee.

Backpacks

While there is no size restriction for student backpacks, all must fit inside the individual's P.E. locker. Items that cannot be secured inside the locker must be brought out to class and become the responsibility of the owner.

We offer the following useful information:

- Lockers measure 12" W x 12" D x 24" H
- Rigid backpacks w/wheels = tougher fit
- Save room for school clothes, lunch, etc.

Following Protocol

NO AEROSOL spray cans of any kind are allowed in the locker room or at school including Axe, Tag, spray deodorant etc...If they are found they will be confiscated and not returned. NO GLASS CONTAINERS are allowed in the locker room including perfume, body spray, etc.. Roll-On deodorant is allowed! Students that do not follow protocol will be referred to the office and entered into the school's progressive discipline system. Subsequence infractions will result in higher level consequences.

Consequences will be assigned for all behaviors that cause any degree of harm to self, others, the Rio Real locker, or other facilities on school campus. THIS MAY INCLUDE:

HARASSMENT OF ANY KIND - PHYSICAL CONTACT - EXCESSIVE NOISE -
LITTERING - THROWING ANYTHING- FOOD OR DRINK ITEMS OUT OF BACKPACK -
CHEWING GUM - THEFT – TAMPERING-POSSESSION OF BREAKABLE ITEMS - LACK
OF COOPERATION

About the P.E Teacher

Mr. Carrizales is fully credentialed to teach physical education by the state of California. He believes that Rio Real students are exceptional in every way and deserve the very best educational experience on the planet. It is this truth that motivates him to provide a comprehensive, challenging, and rewarding program.

He has the right to enter grades at their own discretion.

As a school and P.E program we actively participate in modeling appropriate personal health and wellness. We often venture way beyond our student's expectations and it's likely you'll notice this unmatched degree of teacher dedication is common place at Rio Real.

Please feel free to contact Mr. Carrizales at either of the following:

Mr. Lionel Carrizales

805-485-3117 Ext. 1560

Lcarrizales@rioschools.org