

# Sonora High School Physical Education Department Rules & Policies

This handout contains information regarding grading, behavior, attendance, absences, make-ups, uniforms, and locker rooms. Please read it thoroughly and refer to it as needed.

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Class Period: \_\_\_\_\_

We have read and understood the Sonora High School Physical Education Department Rules and Polices handout.

Student Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Home Phone: \_\_\_\_\_

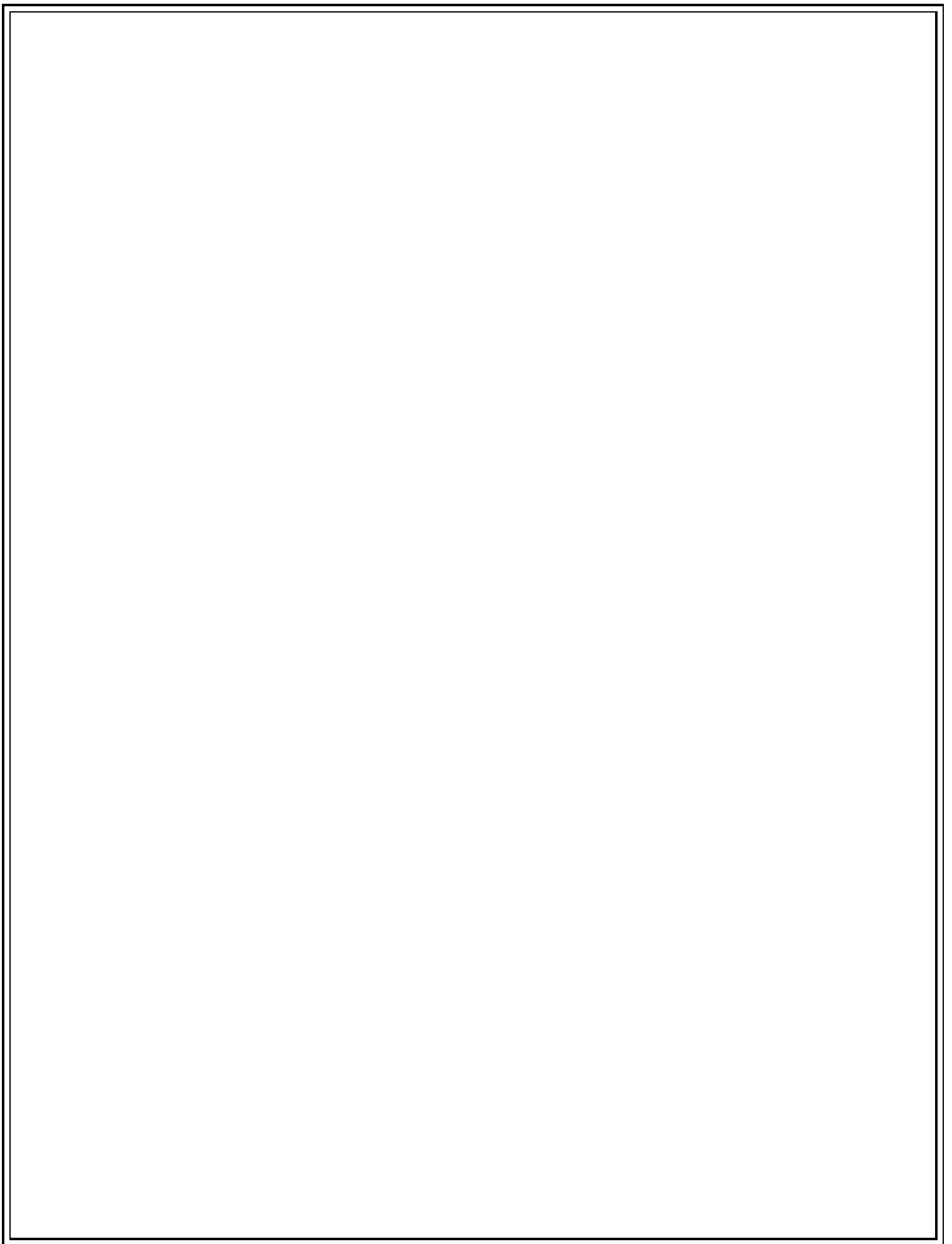
Parent/Guardian Cell Phone: \_\_\_\_\_

Parent/Guardian Email Address: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

**Points for prompt return:                    10                    5                    0**





# Sonora High School Physical Education Department Rules & Policies



The philosophy of the Physical Education Department is to teach to the standards but more importantly to inspire every student to improve their health and fitness. We believe that physical education should be a student centered course that allows for students to experience the benefits and knowledge of a physically active and healthy lifestyle. Our ultimate goal is to help the student build a solid base which allows for safe and enjoyable participation in lifelong physical activity. The physically educated student will have a desire to retain the healthy feeling associated with fitness and exercise through out life.

Physical Education Standards for High School Courses 1-4 (PE 1 PE 2, Elective PE and Athletic PE) may be found at [www.cde.ca.gov/c1/cr/cf/documents/2009performance.work.pdf](http://www.cde.ca.gov/c1/cr/cf/documents/2009performance.work.pdf)

## Grading Policy

### Daily Points

Every day is a 10 point day for participation in PE. Below shows how the points are awarded.

- 2 points for dressing out
- 2 points for exercises
- 6 points for performance and participation

***Cheating, foul language, lack of effort, & defiance will not be tolerated and the student will lose points. Loss of points are subject to teacher discretion and may be up to -30 points per infraction.***

### Grading Scale per Quarter for Participation Points

The scale below represents the number of points a student may lose to receive the following grade for participation.

- A = 0-30 minus points
- B = 31-60 minus points
- C = 61-90 minus points
- D = 91-120 minus points
- F = 121 or more minus points

### Fitness Grade

**50%** of 2<sup>nd</sup> quarter and **50%** of 4<sup>th</sup> quarter is based upon the student's fitness scores. The tests include the mile run, sit ups, shuttle, push ups and pull ups or flex arm hang. The student score is based on a percentage determined by the student's gender, age, and performance on the Sonora High School Fitness Tests.

### Written Exams

Some units have a written exam during the unit. Study sheets will be provided to help the student prepare for the written exam. These study sheets are also found on the Physical Education web page.

### Semester Grades

Your grade directly reflects the attitude, effort and performance you demonstrate over the course of each quarter. The successful PE student exhibits honesty, respect, and a caring attitude. They are on time and dressed out everyday. The student strives for personal best and completes each daily assignment.

- 1<sup>st</sup> semester grade is the average of 1<sup>st</sup> and 2<sup>nd</sup> quarter
- 2<sup>nd</sup> semester grade is the average of 3<sup>rd</sup> and 4<sup>th</sup> quarter.

## **Attendance and Absences**

### **Make Up PE**

Excused absences may be made up by participating in 2 lunchtime make-ups (5 points each) before the end of the quarter in which the absence occurred. Lunchtime make ups are most Tuesdays and Thursdays on the track or in the gym. Please refer to posted schedule in locker rooms for actual make up days. We encourage students to make up or “Bank Away” days before their absence occurs. Additional make up opportunities may be available with your classroom instructor so please inquire.

### **Excused Absences**

Students are responsible for making sure their absence is cleared by a parent or guardian within three days of returning to school. The following are examples of excused absences: illness, quarantine, medical, dental appointment, funeral for a family member and jury duty.

### **Unexcused Absences**

The following are examples of unexcused absences: suspensions, cuts and absences not cleared within 3 days. One full letter grade will be deducted (-30 points) for each unexcused absence. Students are responsible for making sure their absence is cleared by a parent or guardian. Unexcused absences may not be made up.

### **Suspensions**

Suspensions are ineligible for make-up points. (-10 per day)

### **Parent Notes**

Parent notes are acceptable for up to 3 days and may limit student participation. **Students will need to dress out** and may need to make up the missed activity (i.e. physical fitness testing).

### **Medicals**

Teacher, student and parent communication and cooperation are essential to keep the student on track for passing the course during a doctor prescribed medical. A doctor’s note is required and should prescribe what the student is able to do (i.e. You are able to walk). Please encourage your doctor to write a prescription for “Modified PE” as opposed to “NO PE”. If the doctor’s note says, “NO PE” then the student will participate in writing assignments as instructed by the teacher to earn daily points. If major units are missed, the student may be given a “Pass” instead of a letter grade. Medicals are acceptable for up to 3 weeks only. Students are dropped from the class for any medicals longer than 3 weeks.

### **Inhalers**

If you are prescribed an inhaler by a medical professional, please bring it to class every day so that you may participate fully and not suffer from an attack.

### **School Activities**

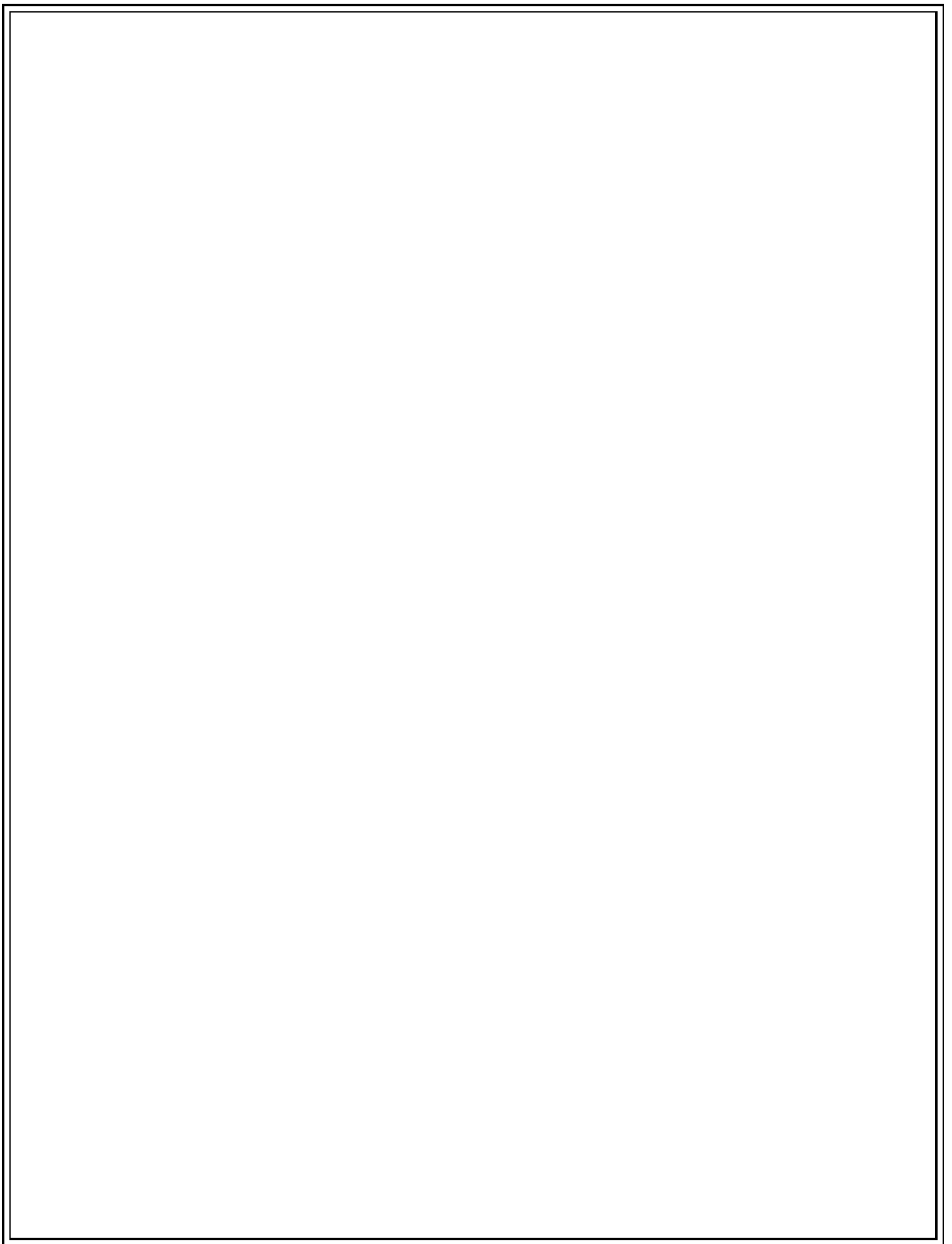
School activities that are cleared by the attendance office do not need to be made up.

### **Athletes**

Athletes who are present but do not participate in PE during the day, will be **ineligible to practice or compete that day**. Medicals excusing a student from PE also apply to after school activities.

### **Short Term Independent Study**

Students must apply for Short Term Independent Study with an administrator. To earn up to 5 days of PE credit the student must also complete the Short term independent contract issued by your PE instructor.



## **Locker Rooms & PE Facilities**

### **Locker Room Rules**

Please report any inappropriate behavior to a teacher immediately.

Locker rooms are closed during class time and lunchtime for safety and to protect against theft.

No cell phone use will be tolerated in the locker room, during class time, or during 2<sup>nd</sup> roll. This is a State Privacy Law.

1<sup>st</sup> Offense: The student will pick up the cell phone after school from the main office.

2<sup>nd</sup> Offense: The parent will pick up the cell phone from the main office.

Backpacks must be left in your outside locker. Any belongings left unlocked in the locker room may be removed and taken to the main office. You may pick them up from the main office.

Respect the locker room and all facilities by cleaning up after yourself. Help your instructor put all PE equipment away on a daily basis.

No food or drink in the locker room. Please keep your lunch in your outside locker.

Each student is issued their own locker and the sharing of lockers is discouraged by PE staff.

### **Locker Room Procedures**

#### **Theft**

Theft in the locker room is an ongoing problem and Sonora High is not responsible for lost or stolen items. Please protect yourself and help eliminate theft by:

1. Do not share your locker or your combination with anyone else.
2. Lock your belongings in your locker and make sure your locker is locked.
3. Report locker problems immediately.

To help minimize theft any articles of clothing that do not have your name on it will be collected at the end of the period and returned to the proper owner.

#### **Team Room**

The team room is available for varsity athletes participating on a varsity sport.

The team room will be opened zero period and closed at the beginning of 1<sup>st</sup> period. The team room will be again opened after school. Coaches are required to open and close the team room for departures during the day. PE instructors are not responsible for unlocking the team room during these additional times.

Athletes are required to check out of their lockers once they are no longer participating on a varsity sport. Please take care of this business in a timely manner.

#### **Lost & Found**

Misplaced clothing will be placed in the LOST & FOUND bin located in the locker room. Found jewelry and other small items will be kept in the PE office.

## **Physical Education Uniform Policy**

You are required to dress out everyday in a PE uniform. A PE uniform is required by the 4<sup>th</sup> day of the first semester. PE uniforms will be sold the first 2 days of the semester. Additional items may be purchased through out the school year as needed.

Hygiene is the way we take care of ourselves to stay healthy. Good personal hygiene is an important part of a PE student. Please wash your PE clothes weekly. And please remember; ***If you wore it to school is not ok to wear it in PE.***

### **Uniform Pricing**

T-Shirt = \$10.00	Sweatshirt = \$25.00
Shorts = \$10.00	Sweatpants = \$15.00
Full Package = \$55.00	

### **PE Shirt & Short**

A Sonora High PE T-Shirt (with sleeves) and PE shorts are required everyday.

### **Sweatpants**

You may wear sweatpants over your Sonora High PE shorts. They must either be Sonora High PE sweatpants or sweatpants that are plain green, gold, white, or light grey.

### **Sweatshirt**

You may wear a sweatshirt over your Sonora High PE T-Shirt. The sweatshirt may be a Sonora High PE sweatshirt or any Sonora high sweatshirt that is green, gold, white, or light grey.

### **Shoes**

You must wear athletic shoes every day, laces are expected. Casual tennis shoes are discouraged for PE.

### **Label PE Clothes**

To help eliminate loss of PE clothes label all articles on the inside tag with your initials. In addition the clothes must be labeled with your first initial and last name on the outside of the uniform.

### **Loaners**

You may use your student ID to borrow clothes for the day from the PE office up to **3 times per semester**. Clothes must be returned at the end of the period. **Loaners are not issued during swim units.**

### **Strip Cuts and Your Grade**

Strip cuts are articles of clothing that do not meet the uniform requirements but are athletic in nature and allow the student to participate. Clothes that are not allowed include: ripped or torn clothing, jeans, hats, jackets, sweaters, scarves, leggings or yoga pants, or street clothes.

Strip Cut #1-3: -2 points each

Strip Cut #4: -2 points, Step 1

Strip Cut #5: -2 points, Step 2, 1 hour detention, parent contact

Strip Cut #6: -2 points, Step 3, 1 hour detention, contract

Strip Cut #7: -2 points Step 4, "F" in course

### **Non-suits (refused loaners provided)**

A non-suit is when a student refuses to dress even when loaners are provided and the instructor modifies the participation to meet the needs of the individual. **Parents will be notified of each non-suit.**

Non-suit #1: Lunch detention, meet with Vice Principal, loss of letter grade

Non-suit #2: 2 Lunch detentions, meet with Vice Principal, loss of letter grade

Non-suit #3: Saturday detention, meet with Vice Principal, loss of letter grade

Non-suit #4: Saturday detention, meet with Vice Principal, "F" in course for semester