PHYSICAL EDUCATION 6-7-8
Student-Parent Information

Teachers

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Materials

Physical education uniforms must be worn properly, kept in good condition, and laundered each weekend. Students are expected to dress out each day, ***without exception***, as follows:

1. Parras logo reversible shirt and royal poly shorts, socks, and ***properly laced*** **rubber-soled tennis/athletic shoes** are required (i.e., *no* Vans, skate shoes, etc.);
2. Sweatshirts and sweatpants for colder weather are optional (the Parras PE royal sweats only);
3. **Hooded sweatshirts may not be worn under physical education uniforms**.
4. All jewelry and similar items are prohibited from being worn during physical education class.
5. Refillable water bottles, labeled with the student's name are required.

Students will be assigned lockers, which they secure with a combination lock that must be purchased from the Physical Education Department. The Physical Education Staff reserves the right to cut any and all unauthorized locks. The school bears no responsibility for lost or stolen clothes or locks.

Parras provides all athletic equipment necessary for full participation; therefore, no additional supplies from home are allowed. Students are required to treat school equipment and facilities with proper care.

Class Rules

1. Dress out, per above, every day. If students do not have their clothes for class, the loaner policy will be enforced.
   Loaner Policy: When a student needs a loaner, they take a longer ticket home to get signed by their parent/guardian and bring it back to their coach the next day. After 4 loaners per quarter, students will receive an administration tutorial every day they do not bring their clothes.
2. Be on time.
   - Arrive at the athletic area before the tardy bell rings.
   - Be seated on one's own roll call number in a timely fashion (students have approximately six minutes to change into their physical education uniform).
   - Be at roll call numbers or seated on the upper deck benches – after changing back into school clothes – while waiting for the end of the class period.
3. Participate in the day's activities to the fullest of one's ability.
4. Display good sportsmanship; demonstrate respect for self and toward others.
5. Remain with one's class, assigned group, or at other pre-designated area at all times.
6. Use restrooms at the beginning, during break, or end of class.
7. No food, drink, gum, backpacks, or electronics (cell phones, music players, etc.).
8. *Chromebooks, if brought to class, must be off the entire class period and kept inside one's P.E. locker.*

Illness / Injury

Please indicate any chronic health issues on the attached acknowledgement form. Should an illness or injury occur that prevents a child from fully participating in class, the teachers must be given a note signed by either the parent (honored from one to three consecutive calendar days, based on the problem) or a doctor. **While the student will still be required to dress out**, participation levels may be modified and/or limited, depending on

the nature of the ailment. When a student's activity is restricted for an extended period of time – as determined by the child's **physician** – s/he will be asked to complete a physical education assignment.

Illness/Injury Grading Policy

Medical note: Students who are unable to participate due to a medical restriction will complete an assigned PE assignment during class in order to earn their daily participation points.

Parent note: Students excused from participation with a parent note will not earn participation points for that day. Students may make up the missed points by attending a PE Make-Up Tutorial.

Instructional Program

Students will learn about and participate in a selection of both team and individual sports; skill development and positive participation are emphasized. In addition, personal health-related fitness is stressed throughout each week, with performance levels measured on a regular basis.

Grading Policy

Regardless of whose roll call a student may be on, all physical education instructors, ***collectively***, will determine each student's course grade as well as the citizenship mark. The citizenship grade is based on a school-wide rubric that includes promptness, cooperation, responsibility, and demonstration of other positive social behaviors.

The academic grade in physical education is based on daily work habits (preparation and participation) as well as progress toward course objectives. This may include skill, fitness, and written tests or assignments. Instructional practices, expectations for performance, and on-going assessments are based on guidelines from the California State Content Standards for Physical Education.

The five standards are:

- Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- Assess and maintain a level of physical fitness to improve health and performance.
- Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Students are required to complete a make-up assignment (see next page for details) in order to receive credit for any absences greater than two per quarter.

Generally speaking, the letter grade received each quarter will be framed accordingly:

"A" (*Superior Performance)*	Student demonstrates high levels of proficiency in all areas. Movement forms, concept attainment, and fitness levels show marked improvement as measured against pre-assessments. Daily work habits reflect vigorous effort. Social interactions are consistently positive.
"B" (*Good Performance)*	Student demonstrates proficiency in most areas. Movement forms, concept attainment, and fitness levels show some improvement. Daily work habits reflect moderate levels of effort. Social interactions are generally positive.
"C" (Acceptable Performance)	Student demonstrates minimal levels of proficiency in most areas. Movement forms, concept attainment, and fitness levels are inconsistent over time. Daily work habits reflect low levels of effort. Prosocial behaviors are not regularly evident.
"D" or "F"	Students who fail to demonstrate an acceptable level of performance as defined above.

P.E. Make-up Assignment

Students are responsible for completing one make-up assignment for ***each*** absence ***after two, regardless of the reason***, per quarter (note that this includes students who are on extended trips and receive paperwork for Independent Study!). Assignments must be submitted ELECTRONICALLY by the end of the semester.

Partake in a physical activity related to fitness, exercise, or sport either independently or with family/friends (e.g., hiking, bicycling on the strand, running, going to the gym, etc.).

- The duration of the activity must be for **no less than 50 minutes**, and **may not** include anything you are already participating in outside of school, such as, but not limited to, an organized sports league, travel ball, dance team, or martial arts training.
- The activity chosen must be **pre-approved** by your P.E. coach.

A digital fitness log will be available to your child in Schoology.

ACKNOWLEDGEMENT

We have received, carefully reviewed, and are fully aware of the Physical Education course emphasis, program policies/expectations, State Content Standards, and grading criteria.

_____ _____ _____
Student's Name Grade Period

_____ _____
Student's Signature Date

_____ _____
Parent / Guardian's Signature Date

_____ _____
Parent E-mail Address Phone Number(s)

**Please be advised of the following physical condition(s) regarding the aforementioned student:

_____

_____

_____

TEACHER (*Circle*):

Avery Hokama Holman Melendez Thurman