

Sobrato High School Physical Education

Course Offerings and Guidelines



Physical education is a critical part of both physical and mental health. It is our goal as a department to keep students active and engaged throughout the school year and teach them the skills and knowledge to successfully maintain a healthy lifestyle thereafter. We strive to provide all students with a safe and equitable learning environment, with opportunities to set goals and reach their fullest potential.

Objectives - As a result of participating in a quality physical education program, each student will be able to:

- Demonstrate a variety of basic and advanced movements in Aquatics, Dance/Rhythms, and Dual and Individual activities
- Understand the social and personal responsibility associated with participation in physical activity
- Identify opportunities for regular participation in lifelong physical activity
- Identify and demonstrate activities designed to improve and maintain muscular strength and endurance, cardiovascular endurance and flexibility
- Demonstrate understanding and respect for differences among people in physical education

Class Offerings - Based on the California Education Framework for California Schools

- ❑ Freshman Year: **P.E. 9** - All freshmen are required to take this course. The focus is on individual and dual sports including pickleball, swimming, and badminton, with some team sports as well. The Positive Prevention Plus (Sexual Health Education) Curriculum and Physical Fitness Testing are also completed during freshman year.
- ❑ Sophomore Year: There are three options for physical education:
 - **Lifelong Fitness** - The focus in this class is on team sports and improvement of overall fitness levels. Activities include a variety of non-traditional sports including rugbyball, team handball, and street hockey
 - **Strength and Conditioning** - Students in this class focus on improving overall fitness levels through a combination of aerobic, calisthenics, and weight lifting activities.
 - **Advanced Body Conditioning** - Students in this class improve overall fitness levels through a variety of aerobic activities including water aerobics, step aerobics, Zumba, self-defense, yoga, and power walking.

Dress - All students are required to follow the Sobrato High School Physical Education dress code:

- Sobrato P.E. t-shirt OR plain gray t-shirt
- Sobrato P.E. athletic shorts OR plain black athletic shorts (5 inch inseam)
- Athletic shoes (NO boots, sandals, Uggs, platform shoes, Crocs, or other non-athletic footwear)
- Sobrato P.E. sweats OR a plain gray sweatshirt and plain black sweatpants over PE clothes
- Leggings- Sobrato PE leggings required, other leggings will not be accepted.

Non-Dress Policy - In order for students to get the most out of their PE class safely and for healthy hygiene practices all students must fully dress out to participate. It is the student's responsibility to come prepared with their uniform. Teachers *may* have "loaners" available, which students are allowed to use once per semester with no consequence.

Non-dresses may result in the loss of daily participation points. After 2 non-dress classes students will have had a check in with the teacher, parent contact has been established, and will result in further intervention from administration. Please note that **8 or more non-dresses in a semester may result in an F for the semester.**

Lockers - P.E. lockers and locks are assigned to each student at the beginning of the school year. If a lock is lost, the student will be responsible for the cost of the replacement lock. Sharing lockers is not permitted. P.E. LOCKERS ARE FOR P.E. USE ONLY. DO NOT STORE CELL PHONES, TEXTBOOKS OR SCHOOL BAGS IN THESE LOCKERS.

******Lost locks will result in a fine of \$6.00******

Restroom Policy- Each quarter students will have up to 2 passes to use the restroom. The student will be responsible to make up the class assignment. Additional restroom passes may result in a tutorial makeup or a deduction of points due to missed instructional time.

Classroom Rules

1. Be on time and prepared to actively participate in class (dress appropriately)
2. Leave all extra materials including cell phones and/or electronic devices in academic locker
3. No food, drink or gum in class, with the exception of water
4. Do good, be great! *It's the Sobrato Way...*

Facilities, Locker Rooms, and Equipment

Access to locker rooms is available during the first and last seven minutes of P.E. class. Please dispose of food and drink BEFORE entering the locker rooms. All students are responsible for keeping the locker room and bathroom areas clean. Absolutely NO GLASS containers, including beverages, perfumes, make-up, health products, etc., will be allowed in the locker rooms. We encourage our students to take pride in our school and entrust them with the care of our facilities and class equipment. *Students may be held accountable for damage personally committed.*

Absences, Tardies, and Make-ups

All excused absences must be made up, including medical excuses.

- Make-up work must be requested within one week of returning from the absence. It is the student's responsibility to make arrangements with their teacher to receive make-up work.
- Make-up mile runs will be completed on Thursdays or Fridays during tutorial or see your teacher for possible alternative arrangements.

A student will be considered tardy if they are not present in roll call outside the locker rooms when the tardy bell rings. A deduction in participation points will be taken as a result of each tardy. Excessive absences and tardies may result in failure of the class.

Medical Excuses

- Up to 3 days with a note from their parent/guardian, after the 3rd day a doctor's note is required
- Students must dress in P.E. uniform but are excused from physical activity.
- All medically excused non-participations must be made up
- Students with a medical excuse of "No P.E." for 4 weeks or more, along with their parent/guardian, will be asked to schedule a conference to discuss possible options for that period of time and the remainder of the semester.

QUESTIONS OR CONCERNS: Please contact your individual teacher by phone at (408) 201-6200 or e-mail.

Teacher	Class	e-mail
Jessica Velazquez	P.E. 9 & Advance Body Conditioning	velazquezj@mhusd.org
Joel Rueda	Strength and Conditioning	ruedaj@mhusd.org
Pedro Mustafa	P.E. 9 & Lifelong Fitness	mustafap@mhusd.org
Isabella Apolinar	P.E. 9 & Advance Body Conditioning	apolinari@mhusd.org