

**Mr. Suh**  
**Physical Education 10-12**  
**Chino Hills High School**  
*David\_suh@chino.k12.ca.us*

**Major Instructional Goals**

**Physical Education 10-12:**

Activity units in the physical education program emphasize skills development, team play, lifetime sports, physical fitness, participation, and an understanding of the need for lifetime fitness. This course may be repeated for credit. Physical education is the study of all areas of knowledge, concepts, and skills pertaining to human movement and physical activity, the forms, and contexts where these may take place, and how they contribute to healthy living. Students learn about and engage with these concepts and apply the skills as they participate meaningful both within and out of school.

Content Standards in Physical Education:

The physical literate individual:

1. Demonstrates competency in a variety of motor skills and movement patterns.
2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibits responsible personal and social behavior that respects self and others.
5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**General Rules**

Chino Hills High School students will follow the school-wide rules and classroom rules.

**Parent- Teacher Conferences:**

Teachers will contact parents/guardians to share good news concerning their student's educational growth or to discuss behaviors or work habits that might cause the student difficulty in class. Students are to meet outside of class time with the teacher to discuss questions or concerns that are related to the class. Also, parents are encouraged to dialogue with teachers through email. You can contact me through my email address: david\_suh@chino.k12.ca.us

## Grades

### Grading:

Two (2) years of passing credit for Physical Education (P.E) is required for high school graduation. Ten (10) points will be earned each day, by meeting all specified criteria set forth by the instructor. Which includes being on time, wearing proper uniform and full participation each day in the activity.

Students will receive 10 points per day. They will keep an A for the day if they:

- Are on time to class
- Dressed in full and proper uniform
- Participate in our activities

Students can lose points by doing the following:

- Tardy to class, students will be marked tardy if roll has been taken and they arrive to class late.
- Non-suit, students can lose points if they have the wrong shoes, shirt, and/or shorts.
- Non-participation, if students are not participating, they will receive a verbal warning or two. After that, they will lose participation points for the day. Students can also lose points for not participating in the warmups/stretch routine.
- Poor citizenship, any conduct unbecoming of a physical education student, including but limited to bad choice of language, fighting, bullying, disrespect to school property.

A+	98 +	C+	78 – 79.9	F	< 59.9%
A	92 – 97.9	C	72 – 77.9		
A-	90 – 91.9	C-	70 – 71.9		
B+	88 – 89.9	D+	68 – 69.9		
B	82 – 87.9	D	62 – 67.9		
B-	80 – 81.9	D-	60 – 61.9		

### Dress Code

All students are expected to dress out for P.E. activities on a daily basis, in the regulation uniform. We provide loaner P.E. clothes on an emergency basis.

### Locks

For security reasons we strongly encourage students to use a lock.

### Medical

Only a Doctor's Medical Note may excuse a student from dressing out, and no participating without loss of credit.

### Phone #

Boys P.E. –909-606-7540 – Ext. 5162

Girls P.E. –909-606-7540 – Ext. 5161

**(Turn in this sheet)**

**My child and I have read and understood Mr.Suh's expectations and classroom procedures.**

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**Student Printed Name**

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**Parent/Guardian Signature**

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**Parent/Guardian Printed Name**

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**Best way to be contacted**

**Comments (Please note any important information that I should know about your student):**

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