**Don Lugo High School - Physical Education**

**Instructor: Miss Ambrosia**

**Office: (909) 591.3902 x4894**

**Email:** **felicia\_ambrosia@chino.k12.ca.us**

**EXPECTATIONS**

Physical education students are graded based on participation. Every student is expected to dress out and physically participate every day. Students will also be expected to run the mile run every week. Students can earn five (5) participation points per day, and five (5) points for every mile run.

***Partial*** *or* ***all participation points*** *will be deducted for: Unexcused absences, Non-participation, lack of effort, defiance, tardiness, lesson disruption, inappropriate behavior/language or using or possessing electronic devices during class.*

**GRADING SCALE**

* 100% - 90% A
* 89% - 80% B
* 79% - 70% C
* 69% - 60% D

• 59% - Below F

**P.E. CLOTHES**

* Each student must have a complete change of athletic clothing that is to be worn at the beginning of class. There will be no school clothes worn under or over PE clothes. Students are recommended to wear the Don Lugo’s Physical Education t-shirt and shorts. A good substitution for this is a solid white or gray t-shirt and dark solid colored shorts. Student’s name must be visible on their shirt and shorts.
* Sweats in school colors may be worn over P.E. clothes.
* Boots, slippers, crocs, sandals or any other footwear not safe for PE performance are not allowed.
* Students are expected to dress out every day in their Don Lugo High School P.E. clothes or permanent substitute.

**P.E. MAKE-UPS**

* Absences can be made up by doing the PE Make Up Workout located on my website.
* Students should always consult the teacher for understanding.

**ILLNESS - Medical**

* If a student attends school when ill/sick, they should consult the school nurse. If the student remains in PE class, they will be expected to dress out and perform to the best of their ability.
* A doctor’s note is required for any student who is ill/sick longer than 3 days.
* Medical notes should be on file with the nurse prior to attending PE.
* If a student presents a **medical note** indicating no participation for a period of time, the student is expected to dress out and complete the following assignment daily during class: The student should provide their own paper and writing utensil and answer the following questions*. 1) List the stretches being performed. 2) What is the cardio activity being performed? 3) Describe the main activity being performed and how the class was organized? 4) What observations did you make concerning student behavior?* This write up must be given to the teacher at the end of the period. This assignment is in place of participation points while on medical. No points will be issued if the student does not dress out or provide the lesson write up.

**BEHAVIOR**

* Students should respect themselves and others to the highest degree.
* Students should conduct themselves in a mutually mature fashion and refrain from creating an inappropriate/hostile classroom environment.
* Students’ behavior must not interfere with teacher’s instruction nor any other students’ participation.

**P.E. DEPARTMENT IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS**

* Always wear your own P.E. clothes. No sharing clothes or lockers.
* Take clothes home to be washed.
* Never leave your backpacks or personnel items unlocked in the locker room.
* Always lock up your locker!

\*This document is subject to change.

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Per\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_