

**AYALA HIGH SCHOOL**  
**PHYSICAL EDUCATION DEPARTMENT**  
**Mrs. Hofstetter, Mr. McGuire, Mrs. Ojinaga and Mr. Saiz, Mr. Long**

**PE 9-12 GRADE**  
**COURSE OUTLINE**  
**CLASS EXPECTATIONS**

This course is developed for both boys and girls. The requirements for completion will be the same for all students. This course will contain a core program designed to give all students some similar physical education skills, an evaluation of their level of physical fitness, instruction to sports and activities and a final examination that will test their mental and physical fitness and knowledge of the various sports presented to them. In each activity offered, the student will receive an introduction, fundamental skills, drills, rules, strategies and the opportunity to play in a game situation or performance. Every student is expected to give 100% in all activities in which they are involved. The following is a list of activities that may be presented to the students in this class: paddle tennis, co-ed dance/rhythmic activities, volleyball, softball, flag football, recreational games, mile run, weights/conditioning, shuffleboard, ping-pong, corn hole, and basketball.

**THE OBJECTIVES OF THIS COURSE WILL BE:**

1. To provide opportunities for leadership by making group, squad and team leadership positions available to all students.
2. To develop self-discipline within each student by allowing students to regulate themselves during class competition.
3. To develop sportsmanship by having students support others on their teams and responding positively to other teams.
4. To develop positive attitudes toward competition by grading students against themselves and their winning teams.
5. To build time-conscious habits by starting and ending events on time.
6. To develop habits of cleanliness, in terms of taking showers (available to the students) by requiring that proper physical education clothing be worn and taken home for laundering purposes on a weekly basis and to pick up their personal belongings.
7. To develop an understanding of physical education activity rules, regulations and playing areas by having the students play by rules on approved areas.
8. To develop and understand efficient and effective motor skills.
9. To develop and maintain the best possible level of physical fitness for that individual.
10. To develop interest and proficiency in using the skills essential for successful participation in worthwhile leisure time activities.

**OBJECTIVES WILL BE MEASURED BY:**

Written tests concerning rules, playing areas, etc.  
 Wearing the proper physical education clothing (Ayala P.E. Uniform)  
 Participation on teams  
 Participation in leadership activities  
 Playing by the rules in all events  
 Being to class on time  
 Number of absences  
 Number and type of behavior corrections  
 Additional physical tasks accomplished  
 Additional written tasks accomplished  
 Check concerning personal cleanliness/hygiene

**INSTRUCTIONS TO THE PARENTS/GUARDIANS OF PHYSICAL EDUCATION**

The following guidelines have been established in order to facilitate an efficient and safe Physical Education program. If you have any questions regarding the policies set forth, please feel free to contact your instructor

Mrs. Hofstetter [Christina\\_Hofstetter@chino.k12.ca.us](mailto:Christina_Hofstetter@chino.k12.ca.us)  
 Mr. McGuire [Bradley\\_McGuire@chino.k12.ca.us](mailto:Bradley_McGuire@chino.k12.ca.us)  
 Mrs. Ojinaga [Paulette\\_Ojinaga@chino.k12.ca.us](mailto:Paulette_Ojinaga@chino.k12.ca.us)  
 Mr. Saiz [Manny\\_Saiz@chino.k12.ca.us](mailto:Manny_Saiz@chino.k12.ca.us)  
 Mr. Long [Eric\\_Long@chino.k12.ca.us](mailto:Eric_Long@chino.k12.ca.us)

### **PE UNIFORM:**

Students who do not dress in P.E. clothes will receive an infraction and lose daily participation points. All students must be inside the locker room before the tardy bell rings. Tardy students may be locked out, receive a Non-Suit. Students may also lose all points for the day. This will adversely affect a student's grade. Students will be allowed to borrow P.E. clothes provided they have a student ID. Students are expected to be positive, courteous, and polite to all students and teachers. Profanity will not be tolerated. Students must be on their roll number before their teacher is at the head of the class. Students will begin class each day by sitting or standing on their roll number.

Students must wear a "required uniform" while participating in Physical Education class. Uniforms can be purchased in our student store.. This uniforms as follows:

1. **shorts:** school colors- red, black, gray/silver or white only
2. **shirts:** school colors- red, black, gray/silver or white only
3. **shoes:** any color or style of athletic shoes with laces. These shoes should be worn for just the PE class, stored in their lockers.
4. **socks:** any color, white is preferred. Low cut socks are acceptable.
5. **Optional uniform for cold weather:** sweat pants, sweat shirt are acceptable if in solid school colors only, no logos or symbols other than school supported attire. These clothes must be worn **OVER** the PE uniform. Cannot be what you wore to school.

All PE clothing should be marked (ownership recognition: last name, first name) inside or out will be accepted. Please have your student take their PE clothes home at the end of the school week! Loaner clothes are available for the PE student, three times of borrowing is allowed per semester without penalty or adjustment to their grade. **NO LOANERS THE FIRST 2 weeks of each semester.**

### **LOCKER ROOM REGULATIONS/CODE OF CONDUCT**

1. The school will **NOT** accept responsibility for any personal items placed in the PE lockers or locker room.
2. Lockers will be issued to each student. This locker is to used for PE clothing. Please do not store books, notebooks or other items in this locker except for your PE period.
3. The long gray lockers have a number located on the front. Please stay in the assigned locker.
4. The student is not allowed to share their locker or locker combination with any other student. Secure the locker combination with the PE teachers. Please remember to lock up all valuables. It is suggested that excess money and valuables not be brought to school.
5. No food or drink allowed in the locker room
6. Do not leave trash or clothes in the gray lockers after the PE period.
7. **NO CELL PHONES/pictures/or videotaping** will be permitted in the locker room.
8. No skateboards in the locker room
9. No running or horseplay or unnecessary screaming.
10. No fighting
11. If you see something wrong, say something, and notify a P.E. teacher.

### **MEDICAL EXCUSES:**

All medical statements and notes from the doctor or parent/guardian will be brought to the PE teacher and school nurse. In all cases of excused absences, the student will be held responsible for the material covered in class. At the discretion of the PE teacher, the student may participate in make-up work assigned by the teacher. The following information **MUST** be written on every medical excuse:

1. reason for not participating in PE
2. limitations of the student
3. length of time requested from PE
4. the telephone number of the parent/guardian
5. the date the note is written
6. name of the student

Any medical excuses written for longer than three days must be written by a doctor. All non-participation days can be made up to ensure the student receives a passing grade. All medical notes **MUST** be entirely written by the parent/guardian or doctor. Parent/guardian medical excuse notes are accepted for a maximum of three (3) days **ONLY** if the note specifies this. A doctor's note is good for however the doctor feels that activity is threatening to the student's health.

## **GRADING POLICY:**

The grading policy for this Physical Education class is on a point system. It is based on skills, effort, unit assignments, individual run times, dressing out, daily participation and test scores. The points earned are accumulative for the semester, based on the student's point total for all three grading periods.

Students are **awarded 5 points for Daily Activity participation** when they are:

- On time
- Dressed properly
- Stretch properly
- Participate in calisthenics
- Participate in all activities
- Follow directions

Points are lost when students are tardy, not dressed properly, do not stretch properly, do not participate during the unit, exhibit poor sportsmanship, use profanity, and or do not follow directions.

### **SUIT CUTS:**

Unexcused= 5 points off per day (full suit cut)  
Partial= 2 points off for each article of clothing missing

1 <sup>st</sup> full suit cut=	loss of points, detention issued, student/teacher counseling
2 <sup>nd</sup> suit cut=	loss of points, detention issued, parent contacted
3 <sup>rd</sup> suit cut=	loss of points, parent contacted, possible Saturday School, jeopardy of failing, referral to Assistant Principal
4 <sup>th</sup> suit cut=	loss of points, in jeopardy of failing, detention, referral to Assistant Principal

Any further suit cuts will be sent up to the office with a referral to the Assistant Principal's office.

The student cannot participate if they are not dressed out in their PE clothes. If a student does not dress out three (3) times or more, their grade will be dropped one full level (an A to a B, a B to a C, a C to a D and a D to an F)

**NON-PARTICIPATION/MISCONDUCT:** Loss up to five (5) points per day

### **CITIZENSHIP GRADE:**

This is based on behavior/attitude. The following negative behavior will count against a student's citizenship grade:

Non-dress, lack of cooperation, lack of effort, misuse of PE equipment, lock or locker, partial nonsuit, unexcused tardy truancy, unexcused or uncleared absences.

#### **POINTS ARE LOST BY:**

1. **Attendance:** Excused- five (5) points off (Make-up Reports available)  
Unexcused- five (5) points off (Make-up Reports available only if cleared through office)  
Non-cleared- five (5) points off (Make-up Reports not available)
2. **Tardiness:** Unexcused - two (2) points off,  
2<sup>nd</sup> unexcused- two (2) points off  
3<sup>rd</sup> unexcused- two (2) points off Detention given  
4<sup>th</sup> unexcused- two (2) points off Detention given, ALC, contact with parents/Administration  
5<sup>th</sup> unexcused- two (2) points off Detention given, ALC, contact with parents, Saturday school  
6<sup>th</sup> unexcused tardy- Administrative action

### **GRADING SCALE:**

The grade will be determined by an accumulation of points based on the scale posted below:

100-90% = A  
89-80% = B  
79-70% = C  
69-60% = D  
59% and below = F

### **Monday Run Day:**

Students will be graded **PASS/FAIL** on their run times. They can earn up to 10 Points for each Monday Run day. Students must record an accurate time when they complete the distance. If a student does not finish the route, he/she must tell their teacher that they did not finish the route and will receive 5 pts. Students who record an inaccurate mile time will receive a zero for the run. Students are permitted to make up a run on Friday during class. Points earned on a mile run will be added to daily participation points.

### **FITNESS ACTIVITIES:**

Students can earn up to 15 Points for each FITNESS DAY ACTIVITY each Wednesday.

Students are awarded 15 points for Fitness Day participation when they are:

- On time
- Dressed properly
- Stretch properly
- Participate in stretching
- Participate in all Fitness activities
- Follow directions

### **Make-Up Report/Independent Study/Short Term Medical:**

Physical Education class is a participation class. When a student is absent, they must write a physical education summary on any article regarding physical fitness, nutrition, health, sport, or activity (SEE FORM). Students must print an article and attach the written summary with the article. The summary must be in your own words (NO PLAGIARISM) turned in within three days after returning to class. Additional time may be granted upon request. Failure to turn in reports when students are absent will result in a loss of 5 daily participation points for each absence. Only excused absences can be made up.

# Physical Education Make-up Report

**Fill out this sheet completely. You must use an article from a newspaper, magazine, or internet site; also, you may watch a program on television that focuses on nutrition, health, fitness, sports, or medicine.**

**What is the title of the article/program?** \_\_\_\_\_

**Using all the lines below, and in your own words, summarize the article/program.**

[illegible]

**What age group was the article/program targeting?** \_\_\_\_\_

**What area(s) of physical education would you say this article/program would fall under?  
(Ex: fitness, health, sports, nutrition, medicine)**

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**Could this article/program benefit our society, or make our world a better place? Why?**

**Attach the article to this sheet for full credit.**

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**Print Student Name:**

### Parent Signature

**Student NAME/PERIOD**

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# Ayala High School

## Physical Education Department

### Class Expectations

**Mrs. Hofstetter, Mr. McGuire, Mrs. Ojinaga, Mr. Saiz and Mr. Long**

Please sign the bottom portion of this page acknowledging that you and your parent/guardian fully understand and accept the required description, rationale, work, commitment, process and assessment of the **Physical Education** course. Please cut the bottom portion and return it back to the teacher on\_\_\_\_\_. Failure to do so will result in a deduction of valuable points! Thank you!

\_\_\_\_\_  
Print the Student's full name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of the Student

\_\_\_\_\_  
PE Class Period

\_\_\_\_\_  
Name of Physical Education Teacher

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

#### **Parent/Guardian Contact Information**

Email to contact parent/guardian(s)

Email #1-\_\_\_\_\_

Email #2-\_\_\_\_\_

Phone number to contact parent/guardian(s)

Phone #1-\_\_\_\_\_

Phone #2-\_\_\_\_\_