

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

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 on this class: paddle tennis, swimming, co-ed dance/rhythmic activities, volleyball, softball, flag football, recreational games, mile run, weights/conditioning 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:

1. Written tests concerning rules, playing areas, etc.
2. Wearing the proper physical education clothing
3. Participation on teams
4. Run times (based on California State Fitness Testing Standards)
5. Winning on teams (extra credit)
6. Participation in leadership activities
7. Playing by the rules in all events
8. Being to class on time
9. Number of absences (anymore than three days will cause minus ten points per day thereafter for any absence)
10. Number and type of behavior corrections
11. Additional physical tasks accomplished
12. Additional written tasks accomplished
13. Check concerning personal cleanliness
14. Outside school physical activities (possible avenue of make-up work)

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

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PE UNIFORM:

Students who do not dress will receive a detention 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, and a detention. Students may also lose all points for the day. This will adversely affect student's grade. Students will be allowed to borrow P.E. clothes provided they have a student ID.

SCHOOL CLOTHES ARE NOT APPROPRIATE DRESS FOR P.E. ACTIVITY. STUDENTS MUST CHANGE INTO P.E. CLOTHES FOR P.E. CLASS ACTIVITY FOR HYGIENE PURPOSES.

Students are expected to be positive, courteous, and polite to all students and teachers. Profanity will not be tolerated. Students must be on their role number 8 min. after the tardy bell or they will be marked tardy or absent. Students will begin class each day by sitting or standing on their role number.

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

1. **shorts:** school colors- red, black, grey/silver or white only
2. **shirts:** school colors- red, black, grey/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.

All PE clothing should be marked (ownership recognition: last name, first name) inside or out will be accepted. Please have the 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.

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. A locker will be issued to each student. This locker is to be used for PE clothing. Please do not store books, notebooks or other items in this locker outside of your P.E. class period
3. This locker may be used by the student **ONLY during the PE period** in which he/she is enrolled
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 or gym
6. Do not leave trash or clothes in the grey lockers after the PE period
7. **NO CELL PHONES, Earbuds, or Electronics** may be permitted to be used in the locker room, or out in a P.E. class
8. No skateboards in the locker room
9. No running or horseplay
10. No fighting

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

1st full suit cut= loss of points, detention issued, student/teacher counseling

2nd suit cut= loss of points, detention issued, parent contacted

3rd suit cut= loss of points, parent contacted, possible Saturday School, jeopardy of failing, referral to Assistant Principal

4th 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 non-suit, unexcused tardy/truancy, unexcused or uncleared absence.

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,
2nd unexcused- two (2) points off
3rd unexcused- two (2) points off Detention given
4th unexcused- two (2) points off Detention given, ALC, contact with parents/Administration
5th unexcused- two (2) points off Detention given, ALC, contact with parents, Saturday school
6th 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

MILE RUNS:

Students will be graded on their mile run times. They can earn up to 30 Points for each Mile Run. Student must record an accurate time when they run the mile. Students who record an inaccurate mile time will receive a zero for the run. Students are permitted to make up a run to replace a poor run time. Students may be allowed to do an extra credit run one time per six week grading period. Points earned on a mile run will be added to daily participation points.

9th Grade Mile Run Rubric:

9th Grade Mile Run Times Rubric			
Grade	Points (30 pts)	Boys	Girls
100%	30	<7:45	<8:45
93%	28	7:46-8:00	8:46-9:00
90%	27	8:01-8:15	9:01-9:15
87%	26	8:16-8:30	9:16-9:30
83%	25	8:31-8:45	9:31-9:45
80%	24	8:46-9:00	9:46-10:00
77%	23	9:01-9:15	10:01-10:15
73%	22	9:16-9:30	10:16-10:30
70%	21	9:31-9:45	10:31-10:45
67%	20	9:46-10:00	10:46-11:00
63%	19	10:01-10:15	11:01-11:15
60%	18	10:16-10:30	11:16-11:30
57%	17	10:31-10:45	11:31-11:45
53%	16	10:46-11:00	11:46-12:00
50%	15	11:01-11:15	12:01-12:15
47%	14	11:16-14:00	12:16-14:00

0%	0	>14:00	>14:00
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10-12th Grade Mile Run Rubric:

10-12th Grade Mile Run Times Rubric			
Grade	Points (30 pts)	Boys	Girls
100%	30	<7:35	<8:35
93%	28	7:36-7:50	8:36-8:50
90%	27	7:51-8:05	8:51-8:05
87%	26	8:06-8:20	9:06-9:20
83%	25	8:21-8:35	9:21-9:35
80%	24	8:36-8:50	9:36-9:50
77%	23	8:51-9:05	9:51-10:05
73%	22	9:06-9:20	10:06-10:20
70%	21	9:21-9:35	10:21-10:35
67%	20	9:36-9:50	10:36-10:50
63%	19	9:51-10:05	10:51-11:05
60%	18	10:06-10:20	11:06-11:20
57%	17	10:21-10:35	11:21-11:35
53%	16	10:36-10:50	11:36-11:50
50%	15	10:51-11:05	11:51-12:05
47%	14	11:06-14:00	12:06-14:00
0%	0	>14:00	>14:00

FITNESS ACTIVITIES:

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

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

- On time
- Dressed properly
- Stretch properly
- Participate in calisthenics
- 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. Student must print article and attach the summary with the article. The summary must be 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.

Student's name: _____

P.E. Period _____

Date: _____

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.

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)

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

Why? _____

Attach the article to this sheet for full credit.

Parent Signature

Student Signature

Ayala High School

Physical Education Department

Class Expectations

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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-_____