

# HOMESTEAD HIGH SCHOOL PHYSICAL EDUCATION PROGRAM

Our department goal is to prepare students for a healthy, active life. Homestead's physical education program offers information on health as well as fitness exercises and basic athletic skills that should encourage a long, healthy lifestyle. Classes promote a variety of activities. We hope students will develop an understanding and a positive attitude toward physical fitness and general health through exercise.

Two years of Physical Education is required for the 9th & 10th grade. 10<sup>th</sup> grade athletes may also sign up for PE credit through Homestead sport teams where they are excused from class and receive 5 credits per sport season (as long as they fully meet all requirements). Otherwise, elective physical education is encouraged during the 11th and 12th grade year.

By the end of 9th & 10th grade, students will receive instruction in some of these activities below:

## AQUATICS

Diving  
Swimming

## DUAL ACTIVITIES

Badminton  
Pickleball / Tennis

## RHYTHMS

Aerobics  
Dance

## INDIVIDUAL ACTIVITIES

Self Defense  
Track & Field  
Tumbling  
Wrestling  
Weight Training

## TEAM ACTIVITIES

Basketball  
Flag Football  
Slow Pitch Softball  
Soccer (indoor/out)  
Ultimate Frisbee  
Volleyball

HEALTH UNIT: Classroom Instruction covers: Drugs, Alcohol, Tobacco, Nutrition, & First Aid

Students in the 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grade may select from the following semester elective classes:

~ Total Fitness ~ Weight Training ~ PE Dance ~

## PHYSICAL EDUCATION POLICIES

- Each student **must** purchase a Masterlock from the PE Department for \$5.00 to use for the school year. This will be returned to the PE Department in June. If the lock is lost, a new lock will need to be purchased at the same price. **DO NOT share the combination, locker, or clothes with anyone!** (The staff will open a locker only for the owner or the authorities.)
- Lockers are each student's responsibility. **The P.E. staff will not be responsible for any lost articles.** Anything of value should be locked up, not left in a backpack on the bench. Student athletes may use a team room locker, when they are in season only.
- **No one should be in the locker room during a class period without teacher permission. Person(s) caught stealing in the locker rooms will be referred to the campus supervisor and a police report will be filed! Anyone found in the locker room during classes may also be suspended.**
- Food drinks or chewing gum will not be allowed in Physical Education classes or in the locker rooms! Food attracts rats, ants and cockroaches

**P.E. ATTIRE AND DRESS POLICY:** The only acceptable attire for classes is the following :

- 1) The Homestead Physical Education attire sold at HHS through the ASB Office and Physical Education Department
- 2) Athletic gym shoes with rubber soles and socks. NO platform shoes.
  - School or street clothes (worn under or over P.E. attire) are not acceptable.

*As a safety precaution, jewelry should not be worn during class. Please do not request that your teacher hold your valuables.*

\*\*\*\* Please put first initial and last name on shirt in permanent marker.

\*\*\*\* Students will be allowed to make up non-suits in Tutorials Tuesday-Friday.

\*\*\*\* All students are required to dress for class every day.

### **TARDIES**

- Students not at a roll call station (10) minutes after the tardy bell
- Tardies can lower a grade and several tardies may result in detention

**All P.E. students must remain in the designated P.E. area until the passing bell rings at end of each period.** Any student outside the designated P.E. area or in the quad is cutting class and will be assigned detention by instructor or campus supervisor. The locker rooms will *generally* be closed to students during brunch and lunch and during the activity period. Students needing the restroom during the activity period are to use outside bathrooms in the student center, Cafeteria, or B building.

### **MAKE-UP POLICY**

Each absence and/or non-suit (excused or otherwise) results in **-5 points** on Mondays or **-10 points** on block days.

**In order to regain participation points,** students must attend one tutorial session for a missed Monday class and two tutorial sessions for each block day missed. This may be done during tutorial periods or through other arrangements with their instructor. One period of make-up can be required for 3 unexcused tardies as well.

### **PHYSICAL EDUCATION MEDICAL POLICY**

- Students with an illness lasting 3 days or less, will bring a note from home to their P.E. instructor at the beginning of class. The instructor will decide whether the student is to suit up while on the medical.

#### **You still lose your participation points for this day**

- Students with an illness or injury, lasting more than 3 days, will bring a note from a doctor. This note is to be presented to the instructor at the beginning of class and is attached to student's roll card.
- Students with a medical excuse for **more than 50%** of the grading period will be assigned a Pass/fail grade for that grading period. **Excessive loss of participation due to prolonged injury or illness, may result in the need to repeat a semester unless makeup time is available to recoup time missed.**
- Missed skills/written tests due to medicals or absences must be made up.

## GRADING POLICY

- Students start each 6-week grading period with 0 points. They may earn up to **5 participation points on Mondays or 10 pts.** On block days (double points). During each 6-week grading period, 140-160 participation points are possible based on the number of class sessions in that 6 week grading window.
- **The remaining grade points are earned from the following:** skill or written tests, tournaments, mile times, homework assignments, projects and/or teacher evaluations. These are totaled with participation points to arrive at progress or final semester grades **(200 points)**. Non-suits can **SERIOUSLY** affect a student's grade. The 6-week grading period points are combined to determine semester grades. The letter grade for the 6-week and 12-week progress report and the final semester grade will be determined by the total number of participation points accumulated according to the following scale:

### Participation Points

<u>6 week grade</u>	<u>12 week grade</u>	<u>Semester</u>
180 to 200pts = A	360 to 400 pts = A	540 to 600 pts = A
160 to 179pts = B	320 to 359 pts = B	480 to 539 pts = B
140 to 159pts = C	280 to 319 pts = C	420 to 479 pts = C
120 to 139pts = D	240 to 279 pts = D	360 to 419 pts = D
0 to 119 pts. = F	0 to 239 pts. = F	0 to 359 pts. = F

Students may earn additional participation points for extra effort, skill and/or other **POSITIVE** behaviors. On the other hand, students will lose points for non-productive behavior such as: class cuts **-15**, unexcused tardies **-2**, lack of effort, misconduct, dangerous and/or malicious behavior, or insubordination **-1** to **-10** points. **Extreme misconduct can result in suspension, removal from class, or expulsion.**

### Teacher Contact

- If you have any questions or concerns, call 522-2567 for the girl's P.E. locker room or 522-2532 for the boy's locker room. E-mail is teacher's first name\_last name (ex. [john\\_doe@fuhsd.org](mailto:john_doe@fuhsd.org)).
- Unhandled problems or questions?
  - **Department Head is:** Kyle Bonvechio: [kyle\\_bonvechio@fuhsd.org](mailto:kyle_bonvechio@fuhsd.org)

