

CUPERTINO HIGH SCHOOL

PHYSICAL EDUCATION HANDBOOK

PHYSICAL EDUCATION IS: the instruction in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, aerobics, and the performance and management of athletic games, activities, and sport.

A PHYSICALLY EDUCATED PERSON IS: one who has mastered the necessary movement skills to participate confidently in many different forms of physical activity; one who values physical fitness and understands that both are related to health and well-being.

STUDENT OUTCOMES

1. Students will develop competency in many movement activities.
2. Students will understand how and why they move in a variety of situations and use this information to enhance their own skills.
3. Students will achieve and maintain a health-enhancing level of physical fitness.
4. Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.
5. Students will demonstrate responsible personal behavior while participating in movement activities.
6. Students will demonstrate responsible social behavior while participating in movement activities. Students will understand the importance of respect for others.
7. Students will understand the relationship between history, culture and games.

DISTRICT PHYSICAL EDUCATION REQUIREMENTS FOR GRADUATION

Two years of Physical Education are required for high school graduation (20 total credits). Furthermore, one of the two years MUST be completed with a course offer within the Physical Education Department.

STUDENT EXPECTATIONS AND RESPONSIBILITIES

1. Attend class daily dressed out in proper PE attire.
2. Get to class and roll call on time.
3. Complete all class responsibilities and required work.
4. Be responsible for all medical excuses, notes and admission forms.
5. Care for PE attire, storing, and cleaning.
6. All accidents and/or injuries should be reported to the teacher regardless of how minor the accident and/or injury seems to be.

PHYSICAL EDUCATION ATTIRE

Students are to be dressed in Physical Education attire every day. Athletic shoes with rubber soles and athletic socks are to be worn to class. School or street clothes (worn either under or over PE attire) is not acceptable attire for Physical Education class. Students without proper attire are subject to participation restrictions. Changing clothes before and after physical activity demonstrates good personal hygiene.

ATTENDANCE & MAKE-UP POLICY

Physical Education offers make-up opportunities during tutorial. Students may choose to attend tutorial and complete a physical education make-up to improve and/or strengthen their grade. Whenever a student misses a physical education class (for whatever reason) , they are responsible to complete the correct make-up if they want to earn credit for the missed day. If the student chooses NOT to complete the make-up they will forfeit credit for the missed day and possibly have their grade suffer.

1. PE Make-ups will differ in terms of the day missed
2. If a student is absent on a timed run day, they must make-up the timed run, if the student is absent on a block day they must run ten track laps, if the student is absent on a short class period day (typically Monday) the student must run six track laps. Students who are absent on a timed run day must make-up the timed run and the required track laps. However the timed run laps will count towards the overall lap total.
3. Students tardy to class have two track laps
4. Students who fail to dress out for class or who fail to participate in class have 10 track laps
5. Students who partially dress out have five track laps
6. Some PE Make-ups might take two days to complete (two day max.)

MEDICAL / RESTRICTED ACTIVITY POLICY

Students missing or on restricted/modified activity for 3 days or less:

- Student's parent must call in the absence to the attendance office and/or provide note to teacher. Student is responsible for all missing work.

Missing or restricted/modified activity for more than 3 days:

- Students must provide a note from doctor. Student is responsible for all missing work.

Missing or restricted/modified activity for more than 2 weeks:

- Student must provide note from parent and/or doctor and must choose between the following three choices:
 1. Students may continue the course with a modified curriculum in which they are only Eligible to receive a pass / fail grade.
 2. Students may drop the class and retake at a later time.
 3. Students may make-up all missing work and remain eligible for an "A", "B", "C" letter grade

Students who miss a skill test, fitness test and/or written test due to medically excused non-participation or absence will be expected to make up the test(s). Make up test are be arranged with individual instructors for a time that is mutually agreeable. Students are responsible to notify PE instructor prior to school-related absences.

LOCKER ROOM POLICY

1. Anyone caught stealing or performing any other illegal action in the locker rooms will be referred to School Administration and a police report will be filed.

2. Locker rooms are not secured during class, thus all valuables must be locked up in a locker. If backpack does not fit in the locker, one must remove the valuables from the backpack and secure those items in the locker.
3. No wet clothes should be left in the locker.
4. No food should be left in the locker.
5. Mistreating the lockers, the other students in the locker room or the room itself will result in removal of your locker privilege.
6. Showers are available for use in the locker room following class.
7. Any violation of the above listed policy can result in a loss of your locker room privilege.

LATE ENROLLMENT POLICY

All new students to Cupertino High School who add a Physical Education class after the designated start date of the semester WITHOUT an incoming grade from another institution.

- Students who add within the 1st grading period are able to stay within the default grading system of the class and are required to make-up half of all days prior to enrolling and complete all essential missing assignments (must complete all unit quizzes if any have been given).
- Students who add within the 2nd grading period are relegated to a pass/fail grading system and are required to make-up half of all days prior to enrolling and all essential missing assignments including all missed unit quizzes..
- Students who add within the 3rd grading period are UNABLE to receive full credit for the semester. They are only able to earn partial credit for their work completed (ie. 2 credits instead of the 5 total) No make-ups or late work is required.

PE 9 GRADING CRITERIA

40% = Attendance / Participation
 25% = Physical Fitness
 25% = Skill Development / Written Work
 10% = Final Exam

CONTACT INFORMATION

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PLEASE PRINT & SIGN THIS PAGE AND RETURN IT TO YOUR INSTRUCTOR

I have read and understand the Physical Education Course Handbook.

Student Name (Please Print Clearly) _____

Date _____ Class Period _____ Instructor _____

Student's Signature _____

Parent's Signature _____

More information can be found at the CHS Homepage: <http://www.chs.fuhsd.org/> under the "Physical Education" page in the academic pull-down menu