

HOMESTEAD HIGH SCHOOL PHYSICAL EDUCATION

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 will encourage a long and healthy lifestyle. We hope students will develop and understanding and a positive attitude toward physical fitness and general health through exercise.

Two years of Physical Education is required for graduation. Students will receive 5 units of credit per semester with a passing grade. Participation in the Physical Education program is highly encouraged throughout high school.

By the end of the student's second year of Physical Education, students may receive instruction in a variety of these activities...

- **Aquatics:** Swimming
- **Dual Activities:** Badminton & Pickleball
- **Rhythm:** Dance
- **Individual Activities:** Frisbee Golf, Self Defense, Weight Training
- **Team Activities:** Basketball, Flag Football, Soccer, Ultimate Frisbee, Volleyball
- **Freshmen Health:** Substance Abuse, Nutrition

All freshmen are required to take the PE9 Core Course which includes demonstrating proficiency in the Aquatic, Health and Physical Fitness Testing units.

Students in the 10th, 11th & 12th grade may select from the following elective courses...

PE Dance – PE 10-12 – PE Total Fitness – PE Weight Training

Physical Education Student Learning Outcomes

In support of Homestead High School's Vision & Values, the Physical Education Department will help prepare students to become...

- Critical thinkers who create solutions to problems by developing skills to further academic and technological literacy;
- Communicators who use oral, written and visual work effectively;
- Continuous learners who set goals and realize through effort and determination they are individually responsible for their actions; and
- Collaborators who manage time and resources, demonstrate leadership and utilize diverse cultural opinions and values to improve the quality of our classroom and beyond

Physical Education Policies

- A Physical Education Department issued master lock is required for the school year. This will be returned to the department at the end of the school year. If the lock is lost, a replacement lock can be purchased at the same price. **DO NOT share the combination, locker, or clothes** with anyone.
- Lockers are the responsibility of each student. **The Physical Education department will not be responsible for any lost or stolen items.** Anything of value should be locked up and not left in a backpack or on the benches.
- Electronic devices or headphones are not allowed in any Physical Education classes or facilities. Food/drink/gum etc. are not allowed as well.
- Students are not allowed in the locker room during class times without staff supervision. Student(s) found inside the locker room or caught stealing will be subject to discipline from the School Climate Office

Physical Education Uniform Policy

- Students are expected to be dressed in Physical Education attire every day. Homestead HS Physical Education Uniform can be purchased from the ASB Office. Sweatpants and sweatshirts are available as well.
- 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. As a safety issue, jewelry should not be worn during class. Changing clothes before and after physical activity demonstrates good personal hygiene and safety.

Physical Education Attendance Policy

- Student not at their roll call location 10 minutes after the bell rings will be marked tardy. Tardies can lower a grade and several Tardies may be subject to discipline.
- All students must remain in the designated Physical Education area until the passing bells rings at the end of class.

Physical Education Medical Policy

- Students will lost participation points for the following medical reasons...
 - Students with an illness/injury lasting three days or less, will require a note from their parent/guardian. The instructor will decide whether the student needs to dress for class

- Students with an illness/injury lasting four days or more will require a note from the doctor. The student is required to provide the note to the teacher as soon as possible.
- If you are too sick to participate, you are too sick to be at school
- 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 illness/injury may result in the need to repeat a semester and removal from the PE program.

Physical Education Make Up Policy

- Students are allowed to make up missed points for the following reasons...
 - Excused absence
 - Non suits
 - Tardiness
 - Lack of effort/participation
 - Missed timed runs, assessments, and other classwork
- Students are not allowed to make up missed points for unexcused absences. In order to make up missed points from class, students need to attend one tutorial if they miss a Monday class and two tutorials if the student misses a block day.

Physical Education Grading Policy

- Students may earn up to 5 participation points for Monday classes and 10 points for block day classes. For each grading period, 140-160 participation points are possible based on the number class sessions in the grading window.
- The remaining grade points are earned from the following...
 - Mile Times
 - Teacher Evaluation
 - Skill/Written Tests/Tournaments
 - Homework assignments/projects

All points are then combined to arrive at the total of 200 points per grading period. The three grading periods are combined to arrive at the final semester grade. The grading scale is below.

| <u>1st Grading Period</u> | <u>2nd Grading Period</u> | <u>Semester Grading Period</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 have the ability to earn extra points based on their extra effort and positive behavior and attitude. Students may lose points or be subject to discipline if they unexcused absences, tardiness, and lack of effort, misconduct, dangerous or malicious behavior or insubordination.

Physical Education Teacher Contact

- **Boys Locker Room:** 408-522-2567 **Girls Locker Room:** 408-522-2532
- **Teacher email:** (first name_last name@fuhsd.org)

Student Name: _____

Grade: _____

Teacher Name: _____

Period: _____

**** When both parent/guardian and the student have read through the Homestead High School Physical Education Handbook, please fill out all sections below and return this to your teacher.****

Parent Signature: _____

Date: _____

Parent Email: _____

Phone #: _____

Student Signature: _____

Date: _____

Student Locker #: _____

Student Lock Combination: _____

Parent Questionnaire

1. Does your student have any medical or health concerns?

2. What is your family background/routine in physical activity?

3. Please provide any other comments that you would like your student’s teacher to know.