

SAINTS

PHYSICAL EDUCATION

Welcome to Adelanto High School PE! Please read the following policies of the department.

DRESS CODE

- ✓ All students are to be dressed out in the required PE uniform everyday. This includes:
 - Light Gray T-shirt
 - Black Shorts
 - Plain Gray or Black Sweats
- ✓ PE clothes (\$26) can be purchased in the ASB store throughout the year.
- ✓ Tank tops, short shorts and leggings will NOT be permitted.
- ✓ No school clothing is permitted **under** the P.E. uniform.
- ✓ Student's last name and first initial (i.e. Diaz, B.) **must** be on the uniform top and shorts for security and loss prevention.
- ✓ For safety purposes, athletic shoes and socks are required at the instructor's discretion. Hard rubber or elevated soled shoes, open backed/open toed shoes, slippers and boots are not allowed.
- ✓ No cut offs or cut up uniforms will be allowed. If the uniform is lost, stolen or damaged it is the parents/guardians responsibility to replace the uniform.
- ✓ IPODS, cell phones, c.d. players, etc are not part of the PE uniforms and may NOT be brought out to PE.

MEDICAL EXCUSES

- ✓ Parent and Doctor's notes excuse students from activity only. Students are still required to dress out unless physically unable to change (example: cast on leg, back brace...)
- ✓ Parent Notes for restricted activity are limited to three notes per semester. Each note will be limited to three consecutive days. If more time off from activity is needed a doctor's note with an explanation by the doctor detailing limitations is required.

ABSENCE/TARDY POLICY

Because this is a participation class, all excused absences must be made up in order to earn the daily points that were missed. Students are responsible for getting the make-up assignment from their teacher. All students must be through the PE gate before the tardy bell rings.

LOCKS/LOCKERS

Every student will be issued a lock and locker free of charge. The student is responsible for replacement of lost or damaged locks (\$10) and the cost of repairing a damaged locker. Lockers are to be used for PE items only. Personal locks will not be allowed and may be cut off. Combinations will only be given to the student who is assigned to that lock/locker and only with an ID card. The P.E. Department is not responsible for lost or stolen locks, P.E. clothes or other personal items, including cell phones.

GRADING POLICY

Academic grades are based on the following three areas:

Participation / Daily Points 70%

Students will receive ten points per day for suiting up, participation, and cooperation.

Fitness 15%

Weekly Cardio/Fitness Days

Weekly Fitness Walks

Assessments / Demonstration of Standards 15%

California Physical Fitness Testing (9th Grade Only)

Skills Tests

Written Assignments / Homework

Written Tests / Quizzes

Weekly Timed Mile Run

CONTACT US

If you have any questions or concerns throughout the year, please contact your student's teacher by email.

Steve Allen	(sallen@vvhhsd.org)
Jen Biberston	(jbiberston@vvhhsd.org)
Kevin Gormley	(kgormley@vvhhsd.org)
Brandon Mikkelson	(bmikkelson@vvhhsd.org)
Doug Wakefield	(dwakefield@vvhhsd.org)
Jamie Wakefield	(jwakefield@vvhhsd.org)

Thank you,
AHS Physical Education Department

Please Complete and Return To Your Physical Education Instructor

Student's Name (print): _____

Parent/Guardian's Names (print): _____

Mailing Address: _____

Home Telephone: _____ Email: _____

Work Telephone: _____ Cell Phone: _____

I have read and reviewed the policies within the Physical Education Handbook with my student.

Parent/Guardian Signature

Date

I have read and understand the policies contained in the Physical Education Handbook. I will try to do my best in physical education class during the 2019 – 2020 school year.

Student Signature

Date

Notification of Medical Conditions

Please use this form to notify the Physical Education Department of any chronic medical problems your son/daughter may have at this time. These should include all conditions requiring medication or limited activity. Any other condition will need to have a doctor's verification.

Conditions (Please write "NONE" if there are no known conditions):

Restrictions (Please write "NONE" if there are no known conditions):

