



Los Alamitos High School Physical Education Department Guide

COVID PROTOCOLS:

Students will be asked to follow the Covid Protocols at all times. We will follow the mandated protocols as set forth by the Los Alamitos School District. These protocols are fluid and are subject to change. You can visit the LAUSD School Opening & Safety Update page at: <https://www.losal.org/our-district/school-opening-resources>

Goal:

To provide students with the instructional programs, skills, and knowledge they need to establish and sustain physical activity as a key component of their lifestyles. We want to provide students with the skills needed for a healthy quality of life. Student learning will focus on developing team and individual skills for leisure and competitive pursuits.

Curriculum Guidelines / Sections:

Our curriculum is developed in compliance with the guidelines set forth by the California Department of Education. Instruction provides students with essential skills to meet those standards. Specific goals and objectives will be determined based on the course section (PE9, Weightlifting, Lifetime Sports, Basketball, or Aerobics) and instructional units (Soccer, Paddle Tennis, Dance, etc..)

Injuries, Accidents, and Behavior:

All injuries, accidents, aggressive behavior, and harassment (regardless of how minor) must be reported to the instructor immediately. We expect that all students act like young adults, extending respect and consideration to their classmates, teachers, and all school staff.

Physical Education Uniform Policy:

- 1) Los Alamitos High School Physical Education Uniform:
 - a) Royal Blue Shorts or Sweatpants
 - b) White Tee Shirt
 - c) Sweatshirt or Jacket (School Colors)
 - d) Athletic Shoes
 - i) No Sandals, Slippers, or Slip-On Footwear
 - e) Uniforms are not to be altered or personalized except for their name
 - f) Loaner uniforms are available

- i) Available with School ID

Locker Room and Lockers:

- 1) Proper conduct in the locker room is required at all times
- 2) No sharing of lockers
- 3) Phones should remain in your bag, or pocket, while in the locker room.

Facility Regulations:

Students are not allowed in any Physical Education facility, including but not limited to, the locker room, weight room, gymnasium, pool area, wrestling room, and dance room without staff supervision at any time. This includes students exiting the locker room through the gym between periods.

General Policies:

- 1) Non-suits, truancies, and unexcused absences may not be made up.
- 2) All students are expected to be dressed out, on time, and be active participants.
- 3) Food or drink may not be brought to class.
- 4) Students are expected to keep their locker and locker area clean and tidy.
- 5) Phones, Ear Phones, and Backpacks may not be brought to class.
- 6) Detentions may be given on and after the third non-suit and tardy
- 7) Loaner uniforms are available for use by the equipment managers (if they are available)

Grading Policies:

A maximum of 10 points can be earned each day of the activity. A student dressed in their physical education attire, and participating at an appropriate level, while meeting class standards, will earn all 10 points. Depending on the unit of study, performance-based assessment (physical or written) methods of evaluation will be used as part of the grading criteria. Students must complete the run card as part of their final. All PE classes will have a final at the end of each semester. Freshmen must also complete the California State fitness testing.

Truancy and Tardy Policies:

Consistent with school policy.

Make-up Assignments: The teacher will attempt to accommodate students based on individual needs. If students are unable to earn points due to excused absences, or health reasons, they will need to complete a make-up assignment to earn points for that day.

- 1) Health and Fitness Article Reviews
 - a) Select an article in a magazine, newspaper, or Internet, relating to dance, health, fitness, sports, exercise, or nutrition.

- b) Type or neatly write a one-paragraph summary on why you thought the information was interesting, and how it pertains to you personally
- c) Attach the article to the summary.
- d) Three articles for one day's worth of make-up points
- e) Make-up work must be turned in the day you return.
- f) A maximum of 50 points (5 days) may be made up for each semester.

2) Map My Run fitness app

- a) Students may log a workout outside of school hours
- b) This option should be discussed with the teacher before completing

3) Physical Therapy (for long-term health issues only)

- a) students will log hours with their physical therapist.
- b) this option should be discussed with the teacher before completing

Should you wish further information, regarding the Los Alamitos High School Department of Physical Education, please do not hesitate to contact us.

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