

CHANNEL ISLANDS RAIDERS™

PE Students and Families,

At CIHS, we are committed to providing the best possible education for our students. We are on the quarter system, which means that students will take PE for two of four quarters, where traditionally, they would be enrolled in the course for the entire school year. In order to meet California state requirements in Physical Education, we are requiring all students who were enrolled in a PE course to complete an Activity Form to show evidence of practicing physical activity when not enrolled in a PE course. The form can be found in the Google Classroom provided by your PE teacher. The form will ask students to provide their ID numbers, first and last, names, how many minutes they participated in physical activity, and which activities they completed.

