

# Physical Education

## WELCOME!

### A WELCOME MESSAGE FROM THE P.E. DEPT.:

- Hello, the P.E. department welcomes you to your 2024-25 high school P.E. class!
- We are a unique and diverse group of teachers, who offer a variety of new activities for you to learn throughout your P.E. years at Sobrato.
- Here we have provided information, and links, to get you started and answer some questions...

### 1ST DAYS IN P.E.

1. On your way to the gym, stop by your Main locker and drop off your backpack and phone.
2. Report to the gymnasium and locate your teacher.
3. Late? Get a pass from the attendance office - put your personal items in your Main locker! - then check in with your teacher.

### WEEK 1: WHAT TO EXPECT

- Locks and lockers will be assigned to all students.
  - P.E. Uniforms:
    - will be handed out if purchased in advance, OR
    - available for purchase with cash or check.
- If you have any long term, chronic conditions that may affect your ability to participate fully, please notify your teacher.

### TO DO'S:

- Purchase your P.E. uniform online ([Click here](#)), OR at the ASB office during Orientation.
- Locate and practice opening your Main locker so you are ready for Day 1!
- Check out our [Website](#) to meet the teachers!
- Review the syllabus for more details.

### FRIENDLY REMINDERS

- Backpacks and phones are NOT allowed in the locker room! Leave them in your Main campus locker.
- Food and drink (aside from water) are not allowed in the locker rooms or class.
- P.E. uniforms will be required daily, starting the Monday of week 2.

Thank you,  
Your ASHS P.E. Department

