

# Sobrato Physical Education



# Who we are:

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**Jessica Velazquez:** 6th year at Sobrato  
P.E. Department Chair



**Joel Rueda:** 3rd year at Sobrato  
Varsity Football Coach

**Pedro Mustafa:** 3rd year at Sobrato



**Isabella Apolinar:** 2nd year at Sobrato





# Current Sections & Requirements

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1. Current: 18 Sections of Physical Education

2. Graduation Requirements:

- Students need to complete 2 courses (PE 9 is mandatory)
- PE 9- Every 9th grader takes PE 9 ( 9 Sections)
  - Units:
    - ✓ Individual/Dual activities (Dance, Pickleball, Tennis, Swimming, Cooperative Games)
    - ✓ Positive Prevention Plus (California Healthy Youth Act)
    - ✓ Fitness Testing (Cal Ed Code 60800)

# Current Sections & Requirements

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## 2. Grad Requirements (cont.) - 10th Grade P.E. Electives:

- Lifelong - (3 sections) Units covered:
    - Ultimate frisbee, football, rugby, speedball/soccer, basketball, hockey, team handball, and softball/kickball)
  - Adv. Body Conditioning (“Aerobics”) - (2 sections)
    - Units covered: Step Aerobics, Water Aerobics, Self-Defence, Zumba, Power Walking, Fitness Bootcamp
  - Adv. Bodybuilding - (5 sections)
    - Safety, lifts/spotting techniques, circuit training, students log workouts, triphasic training
- ✓ All 10th graders will learn Hands Only CPR (state requirement AB 1719)

# Physical Fitness Test (current status)

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California Education Code Section 60800

## **2019-20 & 2020-21:**

- Testing suspended by the governor due to Covid and the need to comply with state and local health guidelines.

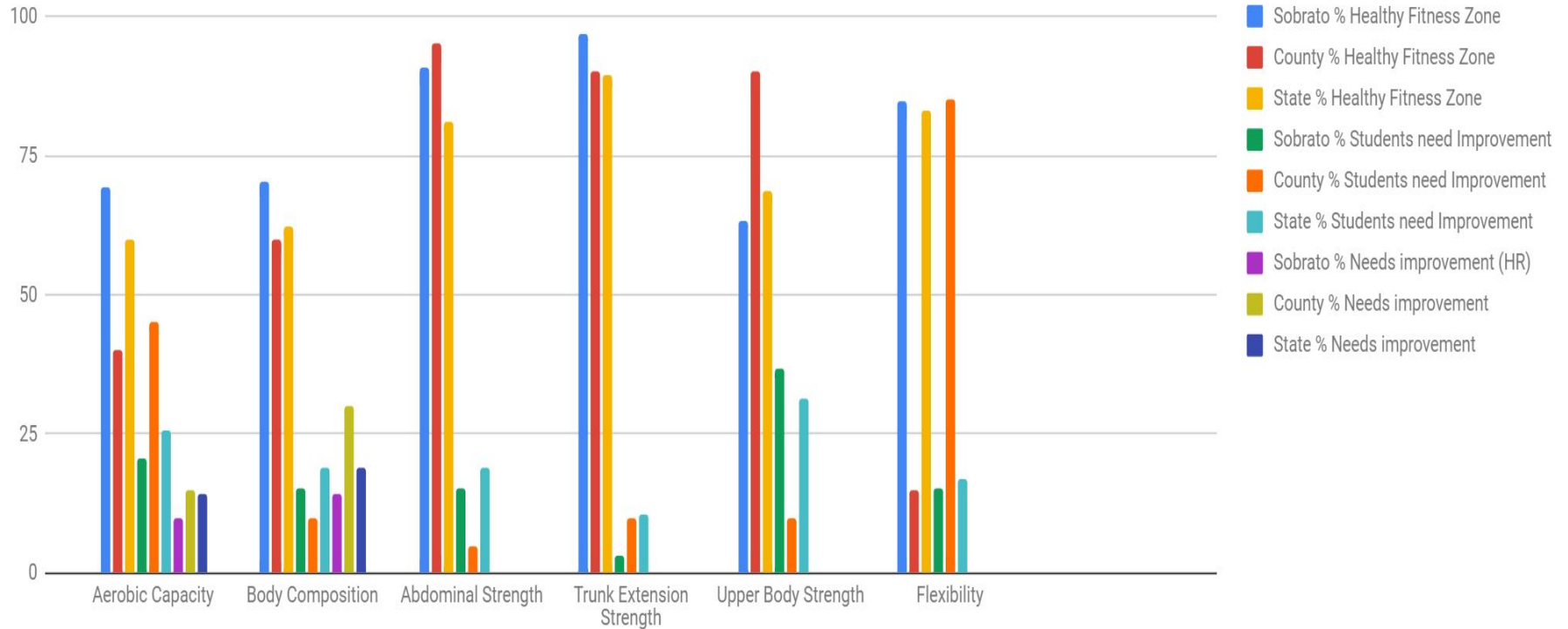
## **2021-2022**

- Testing resumed in person however, incomplete data was recorded
  - BMI, height & weight excluded

## **2022-2024**

- Body Composition component is no longer required
- Schools are not required to collect or use height and weight, including body mass index, for data reporting

# 2018-2019 Physical Fitness Test (PE 9):



# Goals for improvement:

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1. Improve upper body strength
2. Improve aerobic capacity
3. Improve body composition
  - Emphasize 5 components of fitness (incl. body comp)
4. Maintain clear expectation for students dressing out for P.E.



# Positive Prevention Plus (PE 9)

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Topics include:

- Lesson 1: Life Planning
- Lesson 2: Gender and Sexual Orientation
- Lesson 3: Healthy Relationships
- Lesson 4: Relationship Abuse
- Lesson 5: Human Trafficking
- Lesson 6: Preventing an unplanned Pregnancy
- Lesson 7: Teen Pregnancy: Choices and Responsibilities
- Lesson 8: The HIV/AIDS Epidemic
- Lesson 9: Preventing Sexually Transmitted Infections
- Lesson 10: Protection and Communication
- Lesson 11: Media and Peer Pressure
- Lesson 12: Accessing Community Resources
- Lesson 13: Steps to Success

# What's new:

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## 1. Common grading practices

- Daily participation points (2 points/day)
- Weighted categories - continue to evaluate and refine
  - 40% - Participation & Skill/Strategy
  - 25% - Fitness/Cardio
  - 20% - Written assignments/Assessments
  - 15% - Citizenship/Life Skills

## 2. Common units within courses including formative and summative assessments

# Fairly new:

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## 3. Updated Medical Policy

- Previously, extended illness/injury required course transfer
- Now require conference with parent, student, AP, and counselor to determine best course of action for student
- Developed medical doctor form that allows physicians to indicate what students can/can not do for activity modification
- More flexible, takes the individual and timing into account

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## 4. Facilities

- Weight room
  - Removed outdated/broken equipment
  - Fresh paint
  - Installed a projector and projector screen
    - ✓ Teams have an additional location to watch film
    - ✓ Coaches can post workouts
  - Last year purchased jump ropes and slam balls about \$900 worth
  - This year have purchased about \$840 worth of dumbbells
  - Hoping to partner with Athletics/boosters to get assistance in purchasing additional equipment as current equipment is breaking down after years of use.
    - ✓ Beneficial for student athletes/teams
    - ✓ Any other suggestions?



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## 5. Website!!

- Step toward providing students/parents with easier access to information about Physical Education
- Brief teacher bios
- Class information
- Links to forms
- Link to the ASB store for uniform purchase