

Physical Education Handbook

School Year

2025-26

The Pioneer Junior High Handbook includes policy statements, forms, grading standards and goals. Please refer to this handbook whenever your child is absent, has upcoming fitness testing or does not understand operating procedures for the locker room.

**Pioneer Junior
High School**



PHYSICAL EDUCATION GOALS

A WELL-PLANNED, WELL-IMPLEMENTED PHYSICAL EDUCATION PROGRAM WILL FOSTER THE FOLLOWING BENEFITS:

- **IMPROVED PHYSICAL FITNESS:** areas include muscular strength, flexibility, muscular endurance, body composition, and cardiovascular endurance.
- **SELF-DISCIPLINE:** develops student responsibility for health and fitness.
- **SKILL DEVELOPMENT:** develops motor skills of balance, agility, reaction time, speed, and coordination.
- **EXPERIENCE SETTING GOALS:** gives students the opportunity to set and strive for personal, achievable goals.
- **IMPROVED JUDGMENT:** provides students with opportunities to assume leadership, cooperate with others, and accept responsibility for their own behavior.
- **IMPROVED SELF-CONFIDENCE AND SELF-ESTEEM:** helps students become more confident, assertive, independent, and self-controlled.
- **STRESS REDUCTION:** provides an outlet for releasing tension and anxiety.
- **STRENGTHENS PEER RELATIONSHIPS:** helps students socialize with others more successfully.
- **REINFORCES KNOWLEDGE LEARNED IN OTHER SUBJECT AREAS:** serves as lab for application of content from science, math, and social studies courses.

The ***Physical Education Framework for California Public Schools*** is the key resource for developing quality physical education programs. At PJH we follow a sequential, developmental, age-appropriate program designed to provide students with knowledge and ability needed to maintain active, healthy lifestyles. In accordance with the framework, the three major goals for the curriculum are:

- **MOVEMENT SKILLS AND KNOWLEDGE**
- **SELF-IMAGE AND PERSONAL DEVELOPMENT**
- **SOCIAL DEVELOPMENT**

There are also established national and state standards for physical education that address skills and knowledge students should have at particular grade levels. Each standard includes grade-level indicators that provide examples of what students should know and be able to do to meet the standard.

The ***California Education Code*** also mandates that students in grades 7-8 shall have 400 minutes of physical education each 10 days. The intent of these mandates is to ensure that physical education is an integral part of the educational program for all students.

Federal Title IX regulations require that all physical education courses be coeducational. Students are not to be separated based on gender.

PJH PHYSICAL EDUCATION UNIFORM POLICY

AN INTEGRAL PART OF THE PJH PHYSICAL EDUCATION PHILOSOPHY IS THAT ALL STUDENTS DRESS-OUT EACH AND EVERY DAY IN THE PE UNIFORM. ***THIS INCLUDES RAINY DAYS AND WHEN ON A MEDICAL.*** THE REQUIRED DAILY WEAR IS TO INCLUDE:

- **REQUIRED PE CLOTHES** – solid black, nylon mesh shorts w/drawstring, royal blue shirt. **Available at PJH for \$21 package(includes bag)** or you may purchase elsewhere. If you purchase elsewhere, they must meet the above requirements.
- The only markings allowed on the uniform are the first and last name of the owner. No decorating is to be done
- Uniforms need to fit appropriately. Allow room for growth
- Shirt must be tucked into the shorts. Shorts are to ride at the waist above the hip – no “sagging” and no underwear showing
- Athletic socks that are clearly above the ankle and visible to the teacher (keep an extra pair in PE locker)
- Athletic shoes in good condition with laces secured on top of the shoe (preferable to have a pair only for PE)
- Jewelry removed and secured in the PE locker in a container – this includes all earrings (except studs), watches, bracelets, ankle bracelets, necklaces, rings, wristbands, and any piercings that could be a safety hazard
- Hair tied back securely if shoulder-length or longer
- Regulation pioneer hats may be worn in PE class
- Clothes worn to school may not be worn under the PE uniform
- Sweatshirts may be worn over the regular uniform during cold weather. Crew sweatshirts may be of any color. Sweatpants must be gray and cuffed at the ankle. **JACKETS OR SWEATERS ARE NOT ALLOWED.**
- The uniform is to be taken home the last day of the week to be laundered and returned to school the first day of the week for clean clothes check
- If the uniform is missing, a set of loan clothes will be issued. Students will check-out the loaners from the PE office at the start of class and return them at the end (the PE staff will be responsible for the cleaning of the loan clothes)
- Each student is required to wear only their own PE clothes and not “borrow” from someone.

LOCKER ROOM RULES

- All students will be issued a locker that is to be used to store the physical education uniform and any other essentials. Everyone is required to use a PE locker during the class period.
- It is a privilege to use the locker room, any misconduct can result in loss of locker privileges.
- **All students will be issued a Pioneer combination lock and must be returned at the end of the school year in the same condition or there will be a replacement cost.**
- Under no circumstances is any student to share lockers with anyone or give any other student their combination. **The school is not responsible for lost belongings.** It is up to the student to check that their locker is secured before they leave the dressing room and that all items are safely stored in the locker.
- All backpacks/tote bags must fit in their PE locker.
- No food or drink is allowed in the locker room (water bottles are an exception).
- Glass and/or aerosol products are not allowed.
- All products used in the locker room need to be fragrance-free for the health and safety of students with allergies or asthma. Stick deodorant, unscented lotion/hand sanitizer/sunscreen are allowed. Hair spray, perfume, body spray, *scented* body lotion and *scented* hand sanitizer are not allowed at school or the locker room. These items will be confiscated, and disciplinary action will be followed according to school policy.
- Students need to bring supplies to keep in their locker i.e. band-aids, hair ties, safety pins, kleenex, and other personal necessities.
- A jewelry container is a must, since jewelry can fall down into other lockers if not secured.

SAFETY

- Behavior that might lead to injury to self or others will not be allowed.
- Report any injury immediately to your teacher. Do not move a student with an injury.
- Report any equipment or ground conditions that may be dangerous.
- Do not go yourself or take any other student to the health office or locker room without teacher permission.
- Modified activities when raining, extreme heat or poor air quality. We go inside for rain, we are outside if misty or light drizzle. During extreme heat, we limit or modify activity depending on time of day. This may include no push-ups, bars or running. For poor air quality, we follow the AQMD guidelines for our area and activities are modified or taken inside according to the alert level.

OBSTACLE COURSE

- All students participate in the obstacle course every day at the beginning of the period before roll and exercises. This is part of the physical education grade
- It is each student's responsibility to complete the course and be seated on their roll call number by the tardy bell
- The course includes bars, pole, and warm-up run
- Each student is to check-in midway through the course with the teacher's assistant (TA). If no T.A. is there, the students are to line-up single file at the cone designated for their class and wait

GRADE POLICY

THE PHYSICAL EDUCATION DEPARTMENT HAS STANDARDIZED AREAS OF GRADING WHICH INCLUDE:

- Authentic skill assessment of fitness based on performance standards
- Team and individual assessment
- Responsibility areas
- Participation and cooperation

Each teacher has developed a grading system within this framework. All questions will need to be directed to the individual teacher for specifics.

PARTICIPATION

IN ORDER TO PARTICIPATE IN GAME PLAY, EACH STUDENT MUST MEET THE FOLLOWING CRITERIA:

- Complete the obstacle course correctly
- Be seated on the roll number before the bell rings (no tardies)
- Wear their own correct uniform including **visible, athletic socks**
- No jewelry
- Hair pulled back if longer than shoulder-length
- Shirt tucked-in and shorts at the hips

CONSEQUENCES:

- Loss of participation points for the day
- Habitual misconduct or not meeting class expectations will result in detention, parent contact and/or office referral.

MEDICAL EXCUSES

All notes (parent/doctor) are to be given to the health office before school to be kept on file.

PARENT/GUARDIAN NOTE:

PARENT NOTES WILL BE ACCEPTED FOR **LIMITED** OR **FULL** RESTRICTION FROM ACTIVITIES FOR UP TO **THREE CONSECUTIVE** DAYS. THE NOTE **MUST** INCLUDE THE FOLLOWING OR IT WILL NOT BE ACCEPTED:

- Date
- Student's full name
- Reason for the excuse (please be specific)
- Length of the restriction (1,2, or 3 days) – if not specific, the note will be for 1 day only
- State if full or limited restriction (see below for clarification)
- Phone number where parent can be reached
- Signature (only a parent or guardian may write a note)

LIMITED RESTRICTION INCLUDES:

- Dress – out
- Walk obstacle course
- Stretch
- Light activity
- No make-up work required for participation points

FULL RESTRICTION INCLUDES:

- Dress-out
- Observe during class
- Make-up work required

DOCTOR NOTE:

WHEN A STUDENT IS TO BE EXCUSED FOR A PERIOD LONGER THAN THREE DAYS, A DOCTOR'S NOTE MUST INCLUDE THE FOLLOWING:

- Date, student name, DOB, contact information, MD signature (can indicate electronically signed)
- Length of restriction – **Include end date (may state until follow-up with specialist/orthopedic, etc.)**
- Specific activity the student cannot perform
- Any dressing restrictions

THE TEACHER WILL DETERMINE ONE OF THE FOLLOWING OPTIONS FOR THE STUDENT:

- The student will continue in class with modifications
- The student will perform as a class TA. and earn full credit
- The student will be assigned to the library with specific assignments that will be completed and turned-in for the grade

A DOCTOR NOTE IS REQUIRED FOR ANY ON-GOING MEDICAL PROBLEM THAT MAY RESTRICT PARTICIPATION IN CLASS AT ANY TIME.

PIONEER PHYSICAL EDUCATION MEDICAL REQUIREMENTS

ALL MEDICAL NOTES ARE TO BE WRITTEN BY A PARENT/GUARDIAN OR A DOCTOR

PARENT NOTE

FULL
RESTRICTION

DRESS-OUT
REQUIRED

NO PARTICIPATION
MUST DO 30 MINUTE
MAKE-UP WORK WITHIN 3
DAYS OF END OF MEDICAL
OR RECEIVE A ZERO FOR
EACH DAY MISSED.

LIMITED
RESTRICTION

DRESS-OUT
REQUIRED

PARTICIPATION
DETERMINED BY
SPECIFIED LIMITATION.
MODIFIED ACTIVITY MAY
BE USED.
NO MAKE-UP REQUIRED

1 - 3 DAYS ONLY AS STATED

IF MORE DAYS ARE NEEDED A DOCTOR NOTE MUST
BE OBTAINED

DOCTOR NOTE

FULL
RESTRICTION

NO
DRESS-OUT

ASSIGNED TO
LIBRARY

PE CLASS WORK
ASSIGNED AND
GRADED FOR
CREDIT

ASSIGNED AS PE
T.A.

GRADE BASED
ON WORK DONE
AS A T.A.

LIMITED
RESTRICTION

DRESS-OUT
REQUIRED

PARTICIPATION
DETERMINED BY
SPECIFIED
LIMITATION.
MODIFIED ACTIVITY
MAY BE USED.
NO MAKE-UP
REQUIRED

PHYSICAL EDUCATION MAKE-UP WORK

NAME: _____ DATES OF ABSENCE: _____

TEACHER: _____ PERIOD: _____

YOU MUST DO 30 MINUTES OF PHYSICAL ACTIVITY FOR EVERY DAY YOU ARE ABSENT. YOU HAVE 3 DAYS FROM THE ABSENCE TO TURN IN FOR CREDIT.

1. DESCRIBE THE ACTIVITY IN DETAIL.

2. HOW LONG DID YOU DO EACH ACTIVITY OR EXERCISE?

3. EXPLAIN WHAT BENEFITS YOU FELT YOU RECEIVED FROM THIS ACTIVITY.

PARENT SIGNATURE _____

THIS IS THE FORM THAT IS USED IF A STUDENT IS ABSENT, ON A FULL MEDICAL, OR MISSED CLASS FOR ANY OTHER REASON.

- The only way to earn the full daily credit is to do the make-up work with-in the time frame of 3 days.
- It is the responsibility of the student to get the make-up sheet from their teacher, locker room or google classroom to complete the 30 minutes of activity for each day missed.
- No work will be accepted without a parent signature.
- Any acceptable physical activity can be used to qualify for make-up.

440 YARD RUN

1:18 AND UNDER A+
1:19 - 1:28 A
1:29 - 1:40 B
1:41 - 1:51 C
1:52 - 2:02 D
2:03 AND OVER F

FENCE LAP

2:10 AND UNDER A+
2:11 - 2:30 A
2:31 - 2:50 B
2:51 - 3:15 C
3:16 - 3:30 D
3:31 AND OVER F

880 YARD RUN

3:10 AND UNDER A+
3:11 - 3:25 A
3:26 - 3:45 B
3:46 - 4:15 C
4:16 - 4:35 D
4:36 AND OVER F

MILE 8TH GRADE

BOYS

UNDER 7:00 A
7:01 - 8:15 B
8:16 - 10:00 C
10:01 - 12:00 D
12:01 + F

GIRLS

UNDER 8:15 A
8:16 - 9:30 B
9:31 - 10:23 C
10:24 - 12:00 D
12:01 + F

MILE 7TH GRADE

BOYS

UNDER 7:11 A
7:12 - 8:40 B
8:41 - 10:00 C
10:01 - 12:00 D
12:01 + F

GIRLS

UNDER 8:23 A
8:24 - 10:00 B
10:01 - 11:05 C
11:06 - 12:00 D
12:01 + F

PUSH-UPS

BOYS

45+ A+
40 - 44 A
30 - 39 B
24 - 29 C
15 - 23 D
14 - 0 F

GIRLS

25+ A+
21 - 24 A
15 - 20 B
11 - 14 C
7 - 10 D
6 - 0 F

BARS

A - STRAIGHT BODY
B - SOME SWINGING
C - KICKING ACROSS
D - HALFWAY
F - NOT AT ALL

PULL-UPS

Boys

A = 7
B = 4
C = 2
D = 1

Girls

A = 2
B = 1

WALL

BIG WALL - A
SMALL WALL - B
NONE - F

POLE

TO THE TOP - A
3/4 - B
1/2 - C
1/4 - D
NOT AT ALL - F

CURLS

55+ A+
48 - 54 A
41 - 47 B
35 - 40 C
30 - 34 D
29 AND UNDER F

Fitness Standards

Presidential Fitness Award

(85th Percentile Nationally)

Boys	11	12	13	14
Curl –ups	47	50	53	56
Sit & Reach	31cm	31 cm	33 cm	36 cm
Shuttle Run	10 sec.	9.8 sec.	9.5 sec.	9.1 sec.
Mile Run	7:32	7:11	6:50	6:26
Push-ups	27	31	39	40
Pull ups	6	7	7	10

Girls	11	12	13	14
Curl –ups	42	45	46	47
Sit & Reach	34 cm	36 cm	38 cm	40 cm
Shuttle Run	10.5 sec.	10.4 sec.	10.2 sec.	10.1 sec.
Mile Run	9:02	8:23	8:13	7:59
Push-ups	19	20	21	20
Pull ups	3	2	2	2

National Fitness Award

(50th Percentile Nationally)

Boys	11	12	13	14
Curl –ups	37	40	42	45
Sit & Reach	25 cm	26 cm	26 cm	28 cm
Shuttle Run	11.1 sec.	10.6 sec.	10.2 sec.	9.9 sec.
Mile Run	9:20	8:40	8:06	7:44
Push-ups	15	18	24	24
Pull ups	2	2	3	5

Girls	11	12	13	14
Curl –ups	32	35	37	37
Sit & Reach	29 cm	30 cm	31 cm	33 cm
Shuttle Run	11.5 sec.	11.3 sec.	11.1 sec.	11.2 sec.
Mile Run	11:17	11:05	10:23	10:06
Push-ups	11	10	11	10
Pull ups	1	1	1	1