



## Welcome to the Kimball High School Physical Education Department!

### **Courses Offered:**

**Freshman Weight Training-** Freshman Weight Training is a class that is open to 9<sup>th</sup> grade only that focuses on lifting weights and improving athletic performance.

**Core 9 PE-** Core 9 PE is a 9<sup>th</sup> grade Physical Education class that focuses on dual and individual sports.

**Advanced PE-** Advanced PE is a class that is open to 10<sup>th</sup> grade and above that focuses on team sports. **Zero period is also available.**

**Freshman Personal Fitness-** Personal Fitness is a class that is open to 9<sup>th</sup> grade only that focuses on various activities that will improve personal fitness.

**Weight Training-** Weight Training is a class that is open to 10<sup>th</sup> grade and above that focuses on lifting weights and improving athletic performance. **Zero period is also available.**

**MHSA Medical PE-** MHSA Medical PE is a class that is open to 10<sup>th</sup> grade and above that are in the Medical Academy which focuses on team sports and includes aquatics and water safety.

**Athletic Speed and Power-** Athletic Speed and Power is a class that is open to 10<sup>th</sup> grade and above that focuses on lifting weights and improving athletic performance.

**Competitive athletics-** Advanced PE is a class that is open to 10<sup>th</sup> grade and above that focuses on team sports. Due to limited space priority will be given to students participating in the following sports: Tennis, Golf, Softball, Baseball, Cross-country, and/or Track & Field. **Offered 6<sup>th</sup> period ONLY.**

### **Graduation Requirements:**

Physical Education is required in 9<sup>th</sup> grade and one additional year for 20 total credits. Students must pass 2 years of PE to graduate. Students are encouraged to enroll in physical education classes beyond the minimum requirements.

### **Student Expectations and Responsibilities:**

1. All facilities and equipment are furnished by the school district for student use and enjoyment. Only proper athletic footwear is allowed on all gymnasium and PE facility floors. **Food, drinks, gum and hats are not allowed in any physical education classes** (water is permitted). Students who damage facilities and/or equipment through misuse and/or abuse will be responsible for the cost of repair or replacement.
2. **Each student will be assigned a locker and issued a lock for their use for the school year.** The lock **MUST** be returned at the end of the school year, failure to do so will result in a **\$10.00** charge to the student. The locker must be cleaned out at the end of the school year and free of damage. A **\$2.00** charge will be issued for lockers that are not cleaned; *other charges may be incurred for damages.*

3. **Students are required to dress appropriately for physical education every day.** A complete change of clothes is required-school clothes cannot be worn underneath the PE uniform (this includes undershirts). The Kimball High School uniform consists of: orange shirt, royal blue shorts, and gray, black, or blue sweat pants with no additional markings. In addition, pajama pants and other related clothing are not allowed. **If your student's PE uniform is lost or stolen it must be replaced.** Kimball physical education clothes are available in the PE teacher's office throughout the year.
  - a. PE clothing should be intact and free of rips and tears. **No extra writing other than the student's LAST name** in large legible writing will be allowed on your uniform. Students who are not dressed in their PE uniform will lose points.
    - i. **Students are required to wear gym shorts under their sweatpants, failure to do so may result in loss of points**
  - b. Appropriate footwear (i.e. tennis shoes), along with socks, are required for PE.
    - i. **Crocs, boots, slides, slippers, sandals, etc are not appropriate footwear for PE and pose a safety hazard and are not permitted.**
  - c. Sagging of shorts or sweats will result in loss of points and/or a referral.
  - d. Pursuant to the student handbook, students are not allowed to wear hoods indoors.
4. Students must attend class and be at their assigned location on time. **All students must remain in the locker room until dismissed by the teacher.**
  - a. ***If students are NOT in the locker room during the required time they are subject to disciplinary action.***
5. Students are expected to complete all class requirements and required work on time.
6. Cooperation with teachers and other students, and compliance with instructions from all members of the PE staff is expected at all times.
7. Restroom needs must be taken care of in the locker room before reporting to roll call.
8. Students are not permitted in any facility that is unsupervised; such action could result in injury and/or discipline.
9. Students are responsible for all medical excuses, notes, and absence admits.

**KHS Tardy Policy:**

Students who reach the following cumulative number of tardies in a quarter will receive the following administrative consequence in addition to the teacher's consequence:

# - TARDY CONSEQUENCES
5 - Administration conference with student and parent contact 24
10 - Administrative Meeting, District Attendance Review Team (School Attendance Review Team) Contract for Tardies, Loss of off campus pass, assign Administrative Detentions
15+ - Administrative Meeting, Activity Restriction, Administrative Detention

### **Medical Excuses and Injuries:**

Any injury, regardless of how minor, must be reported to the teacher immediately. Students may be excused from physical education activities for the following:

1. **Parent Note:** A parent note as a medical excuse (i.e. illness or injury) is valid for a **maximum of 5 school days**. The note **MUST** be present in order to be excused from participation. Students will not be allowed to sit out and bring a note the next day. Medical excuses are given the same consideration as an excused absence and may be made up for PE credit.
2. **Physician Note:** A note from a physician will excuse a student from participating as prescribed by the doctor. This will be given to the teacher who will instruct the students in what will be expected of him/her during the time of the medical excuse. Physician excuses may also be made up for PE credit. **Physician notes should be specific to the student's physical limitations.**
  - a. **Physicians note for 6 weeks or longer-** Any students with a physician note for 6 weeks or longer will be referred to their counselor for removal from class. *If the student is not removed from class there is a possibility of failure due to lack of participation.*

### **Grading System:**

Physical education grades will be determined from the following guidelines- The students will be graded on a combination of participation, skill acquisition, and written work. Participation points will be accumulated from the following:

1. Weekly run finished in the allotted time= 10 points
2. Students on time, dressed, and actively involved in activity= 10 points per day
3. Students dressed but not actively involved= 1-9 points per day
4. Students not dressed in PE clothing= 0 points
5. Students absent\*= 0 points

***\*Students with excused absences, medical notes & suspensions will not receive points for the day of their absence, they are eligible to make up the points they missed.***

It is the discretion of **each individual teacher** to distribute the points or weight each unit. Students may lose a portion of their daily participation points if the teacher deems it necessary.

Activity: This area includes involvement in activities, cooperation with teachers and students, sportsmanship, responsibility, respect, and compliance with all school and department rules.

Skill: This area deals with teacher observation of skills performed, skills tests which include successful completion of weekly timed jogging and running assignments, and improvement during each unit.

Written Work: This area deals with written assignments to be done as homework assigned by the teacher. Written tests can also be included covering such areas as rules, history, techniques, strategy, and general information for each unit.

**Core 9 Physical Education will include a FITNESS GRADE (using the State FITNESSGRAM Testing Standards) for the 1<sup>st</sup> Semester & 2<sup>nd</sup> Semester.**

Grading Scale:

90% - 100%=	A	70% - 79%=	C
80% - 89%=	B	60% - 69%=	D
		59% or below=	F

**Aeries Policy:** Grades will be updated every two weeks.

Aeries Parent Portal Information: The Aeries Parent Portal is a system by which parents can keep track of their student's schedules, grades and attendance at school. To sign up, parents need the following items: an email account, your student's names, home phone number permanent ID number, and VPC (verification pass code). If a parent has not previously signed up, they can come to the administrative office and see their child's counselor or the receptionist, show identification and receive the VPC number assigned to their student, then log on to <https://sisweb.tusd.net/ParentPortal> and click on "Create new account" to sign up for access to the information system.

**D.A.R.E.**

Kimball High School is excited to announce that as part of freshman PE this year, your student will be participating in the DARE (Drug Abuse Resistance Education) program. Officer Abercrombie will be leading these sessions for four weeks during PE class time. The DARE program is designed to provide essential skills and knowledge to help make informed and positive decisions. Here are the topics your child will explore:

1. **Community**
2. **Time Management**
3. **Risk and Consequences**
4. **Tolerance**
5. **Peer Pressure**
6. **Communication**
7. **Vaping and Other Drugs**

We are looking forward to a series of engaging and informative sessions with Officer Abs. This is a great opportunity to gain valuable skills that will benefit your child throughout their life.

### **Swimming:**

All classes (except Weight Training, Aerobics, & Speed and Power) will be required to swim. **Refusing to swim may result in an "F" for the quarter.**

### **Swim Rules:**

#### **SAFETY:**

1. Be aware of all safety equipment...To be used only in the event of an emergency
2. Extension devices
  - a. Floating objects
  - b. Reaching rescues
3. Know the depths of all areas of the pool
4. *Communicate swimming ability to teacher*

#### **GENERAL RULES:**

1. No running
2. No diving
3. No horseplay
  - a. Do not push or pull anyone into the water
  - b. Do not dunk another person
4. Stay off all starting blocks and lane lines
5. Keep noise level down
6. No food, gum, candy, or drinks in the pool area at anytime
7. *Female students are allowed three consecutive days of non-swimming for menstruation cycle.*

#### **CLASSROOM PROCEDURES:**

1. Roll call on the blacktop
2. Enter the water on command only
3. One hand should remain on the wall when not swimming
4. Whistle commands
  - a. One whistle - Freeze in the pool
  - b. Two whistles - Swim to the nearest side and exit the water
5. *Shower before and after entering the pool*
6. **ACCIDENTS MUST BE IMMEDIATELY REPORTED TO THE INSTRUCTOR**

### **Mask wearing:**

- We will follow the current District guidelines for mask requirements.

### **Behavior Steps and Consequences:**

All Kimball High School rules and procedures will be upheld in Physical Education classes.

**1<sup>st</sup> Offense**- Student/Teacher conference (may result in a loss of all or a portion of daily participation points)

**2<sup>nd</sup> Offense**-Teacher consequence and parent contact

**3<sup>rd</sup> Offense**-Referral to the Assistant Principal and parent contact

***\*\*\*Excessive disruption or behavior may result in an immediate referral to the Assistant Principal.***

### **Cell Phone/Electronics Policy** (per TUSD Student Handbook)-

Students may possess or use on school campus personal electronic signaling devices including, but not limited to, pagers, beepers, and cellular/ digital telephones, as well as other mobile communication devices including, but not limited to, digital media players, portable game consoles, cameras, digital scanners, and laptop computers, provided that

such devices are not used for illegal or unethical activities such as cheating on assignments or tests. (Education Code 48901.5)

- **Cell phones, earbuds, airpods, etc. will not be allowed in the locker rooms or PE classes. Visible electronic devices will be confiscated and taken to the office for disciplinary action &/or a loss of participation points.**
- **District devices will be locked in the PE locker during class time.** It is not recommended that District Devices are brought into the PE classroom unless otherwise directed by your PE teacher.

### **Physical Education Make-Up Procedure:**

Students may make up participation credit for *excused absences, medicals, and suspensions* by attending PE make-ups. PE make-ups are held individually with your child's PE teacher throughout the school year. **It is the student's responsibility to contact their teacher to complete all make-up work.** *Students completing written work IN CLASS (for prolonged medicals or in house suspensions with teacher approval) MUST turn the work in at the end of the period. Travel study work is due the day the student returns to school.*

### **Physical Education Staff:**

If there are any questions, please feel free to contact any member of the physical education staff. The general school phone number is 832-6600.

Office hours are by appointment.

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