HERITAGE HIGH SCHOOL PHYSICAL EDUCATION HANDBOOK

"It's not about being the best. It's about being better than you were yesterday."

PHYSICAL EDUCATION EXPECTATIONS FOR ALL CLASSES

The purpose of this handbook is to acquaint you with the procedures and regulations that will help you attain success in your physical education class.

In our curriculum, we include a wide variety of physical activities, a high intensity fitness unit and elective classes that emphasize the relationship that regular exercise and good nutrition have with disease prevention and a healthy lifestyle. Reinforcement of these principles at home can further enhance this very important message.

CORE PHYSICAL EDUCATION (PE 9 and PE 10)	Physical Education Staff	ELECTIVE PE CLASSES
Fitness Daily Routine Aquatics Individual Sports Team Sports	Allison Brown browna@luhsd.net Janet Hannigan hannigan@luhsd.net Randy James jamesr@luhsd.net Carly Perales peralesc@luhsd.net Nich Van Dyke - Dept. Chair vandyken@luhsd.net Nick Wisely - Athletic Director wiselyn@luhsd.net Marquis White whitem@luhsd.net Shannon Yancey yanceys@luhsd.net ***The best form of communication…*** **CONTACT YOUR TEACHER BY EMAIL**	Advanced Athletics Basketball Tactics Bowling Fundamentals Modified PE Self Defense Sports Management Strength and Fitness Team Sports Yoga Plus Baseball/Softball Tactics

PHYSICAL EDUCATION PROGRAM	EXPECTATIONS FOR ALL CLASSES
• Safety • Care of Equipment • Care of Property • Uniform Requirements • Personal Hygiene • Graduation Requirements • Grading Policies • Make-up Policies • Sportsmanship	**Daily Expectations:** Be on Time Dress Fully in Physical Education Attire (incl. shoes) Active Participation Attention to Personal Hygiene Physical Fitness Assessment **In instances of inclement weather (heat, rain, etc.) appropriate modifications will be taken.*

Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal.

GRADING and CLASS CONTENT

GRADING SCALE

90—100 = A
80 –89 = B
70—79 = C
60—69 = D
59—below = F

Physical Education grades will be determined from the following guidelines:

10 pts	**Earned Daily**
-10	Any absence (except school business)
-10 pts	Non-Dress (ND) / Truancy 1st ND = warning 2nd ND = call parent 3rd ND – or more = referral
Up to -8 pts	Improper Dress/Jewelry/ Non-Participation/Tardy/Gum
-25 pts	Cell Phone and sent to SLC

PE is a class that is participation and performance/effort based. Regular attendance and being dressed out are vitally important to student success. Absences and non-dresses are the 2 leading causes of low grades in physical education class.

Participation - This area includes involvement in activities, cooperation with teachers and students, sportsmanship, and respect and compliance for all rules.

Skills - This area deals with teacher observation of skills performed, skills tests given, and improvement during each unit.

Written Work - This area deals with written assignments to be done as homework as assigned by the teacher. The second part of this is written test covering the content of the class activity such as rules, history, skill techniques, strategy, and general information concerning each class.

MEDICALS and PE MAKE UPS

Students may be excused from participation for the following:

1. **Parent Note** – A note from a parent as a medical excuse is valid for a maximum of three days. The note should be given to the physical education teacher. This is considered an excused absence and must be made up.

2. **Physician Note** – A note from a physician excuses a student from participating as prescribed by the doctor. ***This note must be given to the teacher with specifically what the student can and cannot do so that class work can be appropriately modified.*** Teachers will instruct the student in what will be expected of him/her during the time of the medical excuse. Students with medical excuses are to attend roll and dress in physical education clothes unless a doctor specifies differently. A modified activity may be assigned by the teacher**.**

3. **Physician note for 6 weeks or longer** – any student with a six-week or longer excuse must drop physical education for that semester.

Students will be expected to make up class work missed due to medical excuses in order to receive participation credit.

Students may make up participation credit for excused absences and medicals only by attending a Patriot Plus session. Non-dress and unexcused absences cannot be made up.

1. Make-ups for absences **must** be completed during the grading period of the occurrence.
2. Students must arrive ON TIME and DRESSED OUT in order to make up an absence
3. Make-ups are typically 6 laps on the track = 10 points or one day of absence/medical
4. Swim make-ups are done in the swimming pool DURING the swim unit only.
5. Students may meet with their teacher to discuss alternative activities for an extended length of absence. This is at the discretion of each teacher.
6. *A maximum of 3 days per quarter may be made up through participation in a school affiliated sport or spirit squad activity. – please discuss with your teacher*

ATHLETES - GAME DAYS

Other than special circumstances and approval by their PE teacher, all athletes, dancers and spirit squad members are expected to dress-out and participate on game days.

TEAM COACHES – are to let athletes into the locker rooms during class time not the PE Staff.

The locker room will be open before school for athletes to put their equipment in lockers and closes at 3:30pm

EQUIPMENT AND FACILTIES

Due to safety reasons, students are not to be in any facility unsupervised (including locker room, gym, etc.).

Equipment is furnished by the school district for student use and enjoyment. Students damaging equipment will be responsible for the cost of repair or replacement if the damage was caused by student misuse or abuse. No one should hang on the basketball rim or net. Students should not run up the wall or climb the bleachers when they are stacked.

Water is encouraged but no food or drinks are allowed.

Only athletic shoes should be worn on the gym floors. No dark glasses or chewing gum in any indoor facility. Due to safety/security and class procedures cell phones/headsets/air pods are prohibited in the locker rooms and during class.

PHYSICAL EDUCATION CLOTHING/MISC

Heritage High students enrolled in Physical Education are required to wear appropriate PE attire.

PE uniforms are available for purchase at the Student Store. Students may purchase alternate PE clothing. However, they are still required to wear PE appropriate athletic uniform (***see below***).

Required items:

- HHS PE Shorts or Columbia Blue/Light Blue Athletic Shorts
- HHS PE T-Shirt or Plain Grey T-Shirt
- Athletic shoes and socks (CROCS and other non-athletic shoes are prohibited and will be marked down)
- **To reduce the possibility of theft of clothing, PRINT LAST NAME and FIRST INITIAL ON ALL CLOTHING**
  (EX. BLACKBURN, P)

Optional items:

- HHS PE Sweatshirt and/or Sweat Pants (available in student store)-optional
  Sweatshirts with a hood are permitted, however the hood is not allowed to worn over the head unless inclement weather.
  - Clothing should be intact and free from rips and tears. No extra writing/nicknames will be allowed on your uniform.

*******Street clothes are not to be worn under PE clothes, will result in Non-Dress*******

For safety reasons, students may not be allowed to participate fully if they are not dressed properly. Consequently, participation points may be lost.

SWIMMING UNIT

The swim unit is designed to not only provide exercise, but to introduce and reinforce water safety and instruction. For student safety and comfort, they will complete a beginning of unit assessment and placed in the appropriate level.

- For the swimming unit, a modest suit is required. If a suit is not appropriate, a tank-top or t-shirt or PE shorts will need to be worn.
- Students need to bring their own towel and plastic bag to transfer swim attire daily.
- Students with long hair need to tie their hair back or swim cap.
- Shoes, flip flops and additional swim attire (board shorts, rash guards and shirts may be worn) *NOTE – Speedos and water polo suits are NOT ALLOWED for PE Swim.*
- Swim goggles are not provided but may be used
- Students should always have their PE clothes available, should the pool be closed for any reason.

LOCKER ROOM SECURITY

All students are provided a <u>combination lock</u> for their lockers and are to return it after completing the class. Students may bring their own lock but will need to provide their combination to the PE teachers.

1. *Only use the locker that has been assigned to you.*
2. *Mark your clothing with your name so it is highly visible.*
3. *Student must always lock their belongings inside their locker while in their PE class.*
4. *Most thefts are due to the unauthorized sharing of lockers and items not being locked up each time.*
5. ***<u>DO NOT BRING VALUABLES</u>** (i.e. cell phones, iPods. laptops etc.), jewelry or large sums of money to PE*
6. *Students **should not** share their combination with other students.*

Always check lost and found in the PE Locker rooms

Report any incidents to a Physical Education teacher and your SLC immediately.

If needed a theft report should be filled out (at your SLC)

Your locker assignment may be changed if your teacher feels it is necessary.

HERITAGE HIGH SCHOOL

IS NOT RESPONSIBLE FOR ANY ITEMS LOST OR STOLEN

"Push harder than yesterday if you want a different tomorrow."

Report ***<u>all</u>*** injuries to your teacher.

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't do."

Attitude is a little thing that makes a big difference.

Winston Churchill

HERITAGE HIGH SCHOOL
PHYSICAL EDUCATION HANDBOOK

Physical Education is a discipline through which students not only learn the skills necessary to perform physical activities successfully, but also understand the importance of those skills and transfer them to offer areas of instruction.

Through participation in physical education student learn to establish goals and develop the perseverance needed for high achievement and the confidence needed to pursue excellence. In addition, they learn to perceive and appreciate similarities and differences among individuals and to cooperate and compete fairly.

The Physical Education Department has compiled this handbook to assist you in a successful year in PE at Heritage High School.

Please list any medical conditions that the P.E. teacher may need to be aware of.

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As this information is very important, we are asking that you and your parent/guardian sign below to verify that you have read and understand the expectations for this class.

I have read and understand the Policies and Procedures for Physical Education at Heritage High School.

***Please return this signed form to your PE teacher immediately.** **PERIOD_____**

TEACHER'S NAME_____

Student's signature (Print Name) Date

Parent/Guardian's signature (Print Name) Date