

Santiago High School
Physical Education Department Policies

Dear Parents, Guardians and Students,

Physical Education is a state requirement for all students for four semesters. It is a very important phase of the total educational program and contributes greatly towards the well-rounded development of all children and youth as responsible citizens. All classes at Santiago High School are co-educational.

As Physical Educational instructors we are concerned with the growth, well-being, and development of your child. We feel that students have a continuing need to involve their young and growing bodies in vigorous activities, to seek a variety of experiences, to be challenged to meet their full potential, and develop the necessary skills to obtain satisfactory performance in lifetime activities of their choice. Daily instruction follows the California State Standards for Physical Education.

The following policies and regulations are implemented for the safety and well being of your child and all students.

Uniform Regulations

- a. Standard physical education uniforms are sold at the “Shark Shop.”
- b. Tennis shoes **ONLY**. They must be laced up, and remain completely laced up during the PE period. Tennis shoes must be appropriate for physical education activities.
- c. Sweatshirts and sweat pants are acceptable, although the standard physical education uniform must be worn under the sweat clothing at all times. Sweat suit colors must be solid black, gray, white or teal. No logos or designs. No hooded sweatshirts.
- d. All articles of clothing must be marked with last name and first initial. This includes sweats.
- e. The physical education uniform may not be modified. No cutting or tearing of the uniform.

Dressing

- a. **YOU MUST DRESS OUT FOR PE EVERYDAY!**
- b. Dress in complete uniform everyday, Santiago Shirt, Santiago shorts and tennis shoes with laces. Always wear your own uniform. If you forgot your clothes you **MUST** wear “loaner” PE clothes.
- c. Loaners will be passed out on Mondays and Tuesdays. Each student can only get 3 loaners per Semester and must have their ID card to get loaners.
- d. After 3 loaners are issued, students will receive disciplinary action (ex. detentions) for not bringing their PE uniforms and not being dressed out for PE class.

Safety

- a. No food or drink except for water is permitted at any time. This is from the tardy bell at the beginning of class, until the shower bell at the end of class. If found, items will be confiscated and **thrown away**.
- b. No jewelry or watches may be worn in class.
- c. No Cell Phones/Cameras in locker room. Always keep items locked in your locker!

Tardies and Truancies

- a. Students must be in the locker room by the tardy bell. (Except on days we aren’t dressing out. Then students should report to their assigned blacktop numbers by the tardy bell.)
- b. After dressing, students must report back to numbers and be **SEATED!**
- c. Single period unexcused tardies and truancies will follow school policy.
- d. If a student is tardy less then 30 minutes they must find a security guard to open up the locker room and get dressed.
- e. If an unexcused tardy exceeds 30 min. students will lose points and get disciplinary action.

Lockers

- a. Each student will be issued a lock and a locker in the locker room. This is school property.
- b. If the lock is lost or stolen an obligation will be issued for the price of the lock, which is \$6.
- c. A small locker is issued and a corresponding large locker can be used only during the class period. All PE clothes should be stored overnight in the assigned small locker.

Excuses/Medical

- a. A parent can excuse a student for up to three consecutive days.
- b. Medical issues longer than three days in duration require a doctor’s note.
- c. **DOCTOR’S NOTES AND PARENT NOTES DO NOT EXCUSE YOU FROM DRESSING OUT!**
- d. If a student is unable to participate they will be given an alternative assignment for the day. No points will be given until all work is turned in.

Related Information

- a. When the front locker room door is closed, normally after the tardy bell, all students must have a security person and a pass to enter the locker room.
- b. School is not responsible for lost or damaged items. Use the lockers at your own risk. No sharing locker combinations or lockers!!!
- c. Do not bring electronic devices to class. (i.e. cell phones, iPods, etc.)



Make up work

- a. If a student is absent, they must make up the participation points for the day. Student has 7 days to complete make-up assignment from the date of the absence. ***Points can be made up in various ways. Individual teachers will let students know about different options for make-up work.** (ex. Current event article summary, Office Hours, Mile run, etc)
- b. Current event article summaries must be completed on an article related to health or fitness..
 - If a student is absent on a 1-6 period day they will complete one article, if they are absent on a block day they will complete two articles. Access to Google form for make-up work is on Google Classroom.
 - **Students will cut out the article from the newspaper, magazine, or print from the internet. Then write a 100 word summary which includes: the title, source, author, and date and list 5 facts from the article. *Students must attach the article to the summary for full credit.**

Grading Policy

- a. Participation/Skill practice (includes personal achievement, effort, and practical knowledge)
- b. Fitness (includes personal achievement, effort, and fitness testing scores)
- c. Written knowledge, tests, homework assignments, and projects.

Citizenship Policy

In order to be receive an Outstanding (Excellent Behavior) mark for citizenship on your report card, PE students are expected to:

Follow PE Rules and Policies as outlined in this syllabus.

Be A Shark behaviors lead to a safe and supportive environment with a sense of community and belonging. The product of these behaviors is a positive learning environment and competent responsible citizens. Measurable results include: fewer discipline issues, better attendance, higher academic performance, and a generally more positive, inclusive, and encouraging atmosphere.

SHOW RESPONSIBILITY	HAVE INTEGRITY	ACHIEVE	RESPECT	KNOW YOURSELF
<ul style="list-style-type: none">• Wear your school ID/Use Minga• Be on time/early• Have all required materials• Manage class time wisely• Follow directions• Participate appropriately• Be appropriate and civil online	<ul style="list-style-type: none">• Follow classroom rules and procedures• Do your own work• Follow school dress code• Practice positive digital citizenship• Support others• Avoid profanity - use appropriate language	<ul style="list-style-type: none">• Set a specific goal for performance in this class• Fully participate in lectures, projects, and discussions• Use Office Hours to your advantage - every week• Regularly monitor your grade in "Q"• Communicate regularly with your teacher	<ul style="list-style-type: none">• Show consideration and courtesy to everyone• Follow classroom cell phone policy• Use appropriate language• Take care of classroom equipment – desks, computers, supplies• Respect the privacy of others	<ul style="list-style-type: none">• Have a positive attitude• Be ready to try new things• Be curious, ask questions• Ask for help when needed• Be resilient – don't give up• Be accepting and tolerant of others and their views

*Failure to abide by the citizenship policy will result in a Satisfactory, Needs Improvement, or Unacceptable Behavior mark on student report cards.

-----DETACH AND RETURN THE BOTTOM-----

P.E. Teacher's Name _____ Per. _____

I have read the physical education rules and policies and agree to follow them.

Student's Name _____

Student's Signature _____

Parent/Guardian's Signature _____