

Buena High School

Physical Education

5670 E. Telegraph Road; Ventura, Ca. 93003

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Vision Statement:

We believe that physical education is a vital component for the development of a student's physical, mental and social well-being. It is our mission to provide an equal opportunity to our students, through planned activities, for physical development in the areas of strength, flexibility, coordination, endurance, balance, agility, range of motion, and power. Through the physical activities and games, our diverse program will allow students the opportunity to develop individual skills and introduce new, enjoyable experiences for life long physical fitness, well-being and social growth. We will provide information for knowledge in proper exercise techniques and practices, good nutritional habits, basic muscle anatomy, and elementary cardiovascular physiology.

Course Outline:

Students are required to pass two years of physical education in order to graduate from high school. Each semester of physical education is worth 5 semester units and is broken down into approximately six three week units. Some of the units the students will be introduced to include; weight training in our fitness room to improve physical strength and cardiovascular endurance, individual and team sports such as volleyball, badminton, tennis, racquetball, basketball, softball, swimming, and soccer. All freshmen students will be given the California FitnessGram test in around March.

Class Grading Scale:

97.0% - 100% = A+	87.0% - 89.9% = B+	77.0% - 79.9% = C+	67.0% - 69.9% = D+
93.0% - 96.9% = A	83.0% - 86.9% = B	73.0% - 76.9% = C	63.0% - 66.9% = D
90.0% - 92.9% = A-	80.05 - 82.9% = B-	70.0% - 72.9% = C-	60.0% - 62.9% = D-
			59.9% and below = F

Buena High School Physical Education 2016-2017 Department Policies

Physical Education Materials

- It is appropriate for students to change their clothes for hygiene, safety, and movement efficiency purposes.
- To simplify matters, students may purchase PE clothing from the ASB store for \$25.00.
- If a student provides their own PE clothing, we suggest they wear black or blue shorts with a plain colored (white, grey, black or blue) t-shirt, if possible. As long as a student has on attire that does not prohibit them from participating in the class activities or is a safety concern, the clothing will be permitted without penalty.
- Although, writing your name on your PE clothes is not mandatory, having students write their names on their PE clothes helps teachers identify students and also helps in returning lost PE clothes to their owner.

- If the weather is cold, students are allowed to wear a sweatshirt or sweatpants. No jackets are allowed.

Lock and Lockers

- *Locks:* Buena High School Locks with serial numbers on the back will be provided for all PE students. If a student's lock is missing he/she will be responsible for replacing that lock at a cost of \$6.00. Locks must be registered with the PE Department before being put onto a locker. Unregistered locks will be cut off lockers at the student's expense.
- *Lockers:* Your instructor will assign a locker to you.
- No food, drinks, or gum allowed in any Physical Education facility.
- Combinations will not be given to any student except the one assigned to that locker.
- Lost possessions that are found in the locker room will be turned in to the office.
- Always check your lock after you dress to make sure your locker is locked.
- Do not leave backpacks in the locker room. If they don't fit in your locker, put your backpacks in the PE office.

Dressing Out For Physical Education

- You are expected to dress out every day for PE class, even if you have a medical excuse not to participate. In order to participate, you must be dressed out in appropriate PE clothing. (Reference Physical Education Material).
- Students who wear jewelry or do not wear tennis shoes will not be allowed to participate and will lose their participation points for the day. If you have recently had jewelry piercing you must tape it up for the first six weeks and then you will have to remove the piercing after the six weeks is up.

Non-Participation Policy

Students that choose to not dress out are given a Non-participation day. Students that dress out in attire that would prohibit them from participating in the class activities or is a safety concern, will be given the option to change into their own or loaner PE clothes or they will be given a Non-participation day. All daily points are forfeited when given a non-participation day. Please review the last page in this document that is to be signed by the student and parent/guardian to understand how non-participation affects semester grades.

1. Loaning PE Clothes

- Loaners may be checked out the first 5 minutes of class from the PE office. The PE Department provides this service to promote success.
- Loaner clothes must be returned at the end of the period that they were loaned out. Loaner clothes that are not returned will result in the student receiving an obligation until the clothes are returned or paid for by the student.
- Used replacement clothes may be purchased if necessary and are \$5.00 per item (shirt/shorts). ED Code 49066

Participation

- If you are unable to participate you will not earn participation points. PE points can be made up if your lack of participation is for the following reasons:
 - Excused or unexcused absences.
 - Medical note from Doctor.
 - Medical note from parents (3 days only).
- Students must be dressed out and participate fully to earn points.

- Students can make up missed participation points by attending Saturday Academy (if available), by arranging book work with their teacher, or, in unique circumstances, through another special arrangement with the teacher.
- Teachers are not required to allow make up work for participation missed due to suspension or truancy. Missed participation due to suspension or truancy is allowed to be made up only by the teacher's approval.

Medical Excuses

- You are expected to dress out for class every day whether or not you're able to participate.
- Notes from Parents/Guardian for non-participation
 - Written note with explanation for excuse from participation dated and signed by Parent/Guardian.
 - All notes must be presented to instructor at roll call.
 - Parent notes are only good for 1 day, after 3 consecutive days of notes from Parent/Guardian a doctor's excuse will be required.
- Doctor's Excuse
 - Written note from doctor with explanation for excuse from participation signed and dated by doctor.
 - Activities may be modified for the student with approval from a doctor. All doctor's notes should include what activities student can participate in, as well as limitations.

Behavior

- Students are expected to behave and treat the schools property with respect. Those students not in compliance may receive an Administrative Referral and a phone call will be made to the Parent/Guardian.
- Students are expected to treat the equipment with respect. Those who demonstrate destructive behavior toward equipment may receive an Administrative Referral and a phone call to the Parent/Guardian, and may be obligated to replace the damage equipment.
- Students are to treat all instructors with respect as well as classmates. Harassment will not be tolerated and disciplinary actions will follow the school's Harassment Policy

Buena High School Physical Education Grading Rubric

Physical Education at Buena High School is a participation/performance based course, and each student's grade reflects a variety of important factors.

Percentage of Semester Grade	Description of Grading Component
40%	Daily Participation Grade (0-5 points per day) (arriving on time, dressing appropriately for physical activity, participating fully, and demonstrating appropriate social behaviors)
40%	Daily Performance Assessment (0-5 points per day)
20%	Personal Fitness Assignments (example: Mile Run)

Daily Participation Grade: (40% of the Semester Grade)

Students need to be dressed appropriately for physical activity, including athletic clothing and footwear. Students will earn 5 points daily if they dress out in the appropriate PE uniform and fully participate in

the day's lesson. If a student does not dress out in appropriate PE attire, he/she will earn 0 points for the day.

Daily Performance Assessment: (40% of the Semester Grade)

Students need to actively participate in all class activities to earn credit towards the performance portion of their grade. Students can then maximize their daily grade through active participation, engagement in skill development, and demonstration of proper rules and procedures. The following rubric will be used as a guideline for points earned in this category.

5 points

Student will demonstrate:

- highly active participation and self-motivation.
- and model positive behavior and attitude.
- active engagement in skill and fitness development during class.
- the ability to evaluate and assess strategies and rules associated with the game/activity.

4 points

Student will demonstrate:

- active participation in class activities and need no encouragement.
- appropriate positive behavior and attitude.
- and understand the need for active skill acquisition and fitness development.
- an understanding of the rules and apply them to the game/activity.

3 points

Student will demonstrate:

- some participation in class with encouragement.
- appropriate behavior or attitude.
- some willingness and effort to improving skill and personal fitness levels.
- an understanding of the rules and the ability to follow some of them in the game/activity.

2 points

Student will demonstrate:

- engagement in activity for only a short period of time and/or needs frequent encouragement to engage in activity.
- appropriate behavior or attitude on an inconsistent basis.
- limited willingness to engage in skill and fitness development.
- limited understanding of the rules of the game/activity.

1 point

Student will demonstrate:

- little or no participation despite encouragement.
- poor behavior and attitude which disrupts class.
- no willingness to improve skills or fitness levels.
- little or no knowledge of the rules of the game/activity.

0 points

Student is absent from class due to an excused absence, or a student is excused from physical education due to illness or injury and presents either a parent or medical note to the teacher that day. **Under these circumstances, class may be made-up at Saturday PE academy; 40 points may be earned.**

0 points

Student is absent from class for an unexcused reason or truant. Student was unprepared for physical activity or refused to participate on any given day. No make-up is possible; daily points are forfeited

Non-Dress/Non-Participation Policy

Dressing out in appropriate Physical Education attire is critical to student success and safety. The following Non-Dress/Non-Participation Grading Rubric will be followed as a means to encourage students to dress out and participate on a daily basis.

Quarter

- **2 non-suits/non-participations** = Student cannot earn higher than a B in the Quarter
- **4 non-suits/non-participations** = Student cannot earn higher than a C in the Quarter
- **6 non-suits/non-participations** = Student cannot earn higher than a D in the Quarter
- **8 non-suits/non-participations** = Student fails the quarter and receives 2.5 units of F

Student who fails the quarter will start fresh with a new quarter Non-Dress/Non-Participation Policy and have an opportunity to earn 2.5 units in the next quarter. If the student has reached Number 7 or less and passes the quarter he/she would continue with the Non-Dress/Non-Participation policy below and have an opportunity to earn 5 units.

Semester

- **3 non-suits/non-participations** = Student cannot earn higher than a B in the Semester
- **6 non-suits/non-participations** = Student cannot earn higher than a C in the Semester
- **9 non-suits/non-participations** = Student cannot earn higher than a D in the Semester
- **12 non-suits/non-participations** = Student fails the Semester and receives 5 units of F

I have read the BHS grading policy and fully understand these expectations, procedures and consequences.

Please cut and return this portion to your teacher.

Student Name (print)

Student Signature

Parent/Guardian Name (print)

Parent/Guardian Signature

Today's Date _____