

PHYSICAL EDUCATION DEPARTMENT MEDICAL POLICY (18-19)

In order for the physical education department to run smoothly and effectively, the following guidelines are currently in place.

1. The physical education department will handle **ALL** excuses and notes. Students will be responsible for properly notifying their instructors. All parent requests, doctor notes and phone calls must go directly to the teacher in order to insure proper compliance. The men's locker phone number is **595-2708** and the women's is **595-2707**. Students **must have** the consent of the instructor to be sent to the nurse. The nurse's office will only handle those situations that arise during the course of a class.
2. Each student will be given three (3) days for a parental excuse per semester for sickness/illness. The student will write a one page observation of that class to make up for not participating, but any fitness tests must be made up within one week during tutorial. Any excuse of extended length must be cleared by a doctor and will not be counted as the three (3) days of parental excuse. Instructors will monitor the number and types of excuses. All notes will be kept on record in the students individual file.
3. If a student is not well enough to participate in class, they will be sent to the nurse with a recommendation for the student to be sent home from the instructor.
 - ◆ *The DHS physical education department maintains the philosophy that if a student is able to attend school then they are able to dress in physical education clothes and fully participate. If they are an athlete & do not dress out/ participate, they will not be able to practice.*
 - ◆
4. Physical Education excuse notes must have the following information:
 - Students Name
 - Date
 - Phone Number
 - Reason of excuse
 - Parent Signature

Forging a note will be dealt with according to school honesty policy!

Student: _____ **Parent:** _____

This form verifies that my son/daughter and I have received, read, and agree to the following policies.

PHYSICAL EDUCATION DEPARTMENT GRADING POLICY (17-18)

A student's grade is based on the following criteria:

1. Attendance/Participation/Behavior
2. Fitness Tests/Fitness Gram Improvement
3. Unit/Skills Tests/Portfolios/Presentations/Final

Polar heart rate monitors/Movbands can be used as an assessment tool both for the instructor and the student.

Attendance/Participation/Behavior:

A student receives two (2) points for each day of participation. If absent from class (**EXCUSED ONLY**) a student must read an article and write a summary in order to receive the two (2) points. Articles must be related to sports, physical education, fitness or health and are due on the Friday of the week immediately following the absence. If absent on a test day (fitness or unit), the test must be taken during tutorial within one week of the students return or no credit will be awarded.

Fitness Tests:

Each week 1-2 fitness tests (strength and cardiovascular) will be given worth five (5) points each. Students will be graded by their ability to improve. Heart rate monitors may be used as an assessment tool.

Unit Tests:

Each unit will contain one 20 point test pertaining to that unit's activities and skills.

Portfolios:

Each unit will have a 10 point portfolio that must be completed and turned in at the conclusion of each unit.

Fitness Gram:

Will be tested 3 times (Pre/Mid/Post) each year with a possible 30 points each time for improvement..

POINTS

| | |
|---|--------------------------|
| Attendance, full participation, good behavior ... | +2 |
| Passed fitness tests (points possible) ... | +5 |
| Fitness Gram Improvement (points possible) ... | +30 |
| Unit test/Presentation (points possible) ... | +20 |
| Portfolios (points possible) ... | +10 |
| Cut ... | -10 |
| Unexcused absence ... | -2 |
| Absence (excused can be made up) ... | -2 |
| Tardy (not seated when roll begins!) ... | -1 |
| Non-Dress (each item -5) ... | -10 |
| Lack of or non-participation ... | -1 to -5 |
| Disrespect, misbehavior, profanity ... | -1 to -5 |
| Gum ... | -1/Progression each time |
| Dress Code Violation/Shoes ... | -1/violation |

Non-compliance of the above may result in disciplinary steps according to the instructor's discretion.

PHYSICAL EDUCATION DEPARTMENT DRESS CODE POLICY (17-18)

CLOTHING: Sold Separately: _

- ◆ **Shirt/Dry Fit** - DHS PE issue (\$15.00). **Sweat Shirt** – DHS PE (\$15.00)
- ◆ **Shorts** - DHS PE issue (\$15.00). **Sweat Pants** – DHS PE (\$15.00)
- ◆ **PE Set (Shirt and Shorts) \$25.00**
- ◆ **PE Set/Sweat Set \$50.00**
- ◆ **F&C Set (Shirt, dry fit shirt & shorts) \$40.00**
- ◆ **Tennis Shoes** - non-marking soles, preferably separate for school shoes

MUST BE RUNNING SHOES (Boots, vans, and converse are not allowed)

\$\$\$ Note: Clothes may be purchased through the physical education department. If purchasing physical education clothing is financially impossible, please notify the student's instructor immediately.

OPTIONAL CLOTHING:

- **Sweat Top/Bottom** - (green or gray only w/no writing, emblems, hoods or zippers) must be worn over physical education clothes.
- **Grey T-shirt/Forest Green Mesh Short** - (Your name will be written on these clothes and they will be your designated PE clothes. Failure to wear these clothes will result in points lost.)

Dress Code:

The physical education department will be following the guidelines that are set and described by the district (NO SAGGING / NO BAGGING).

NON-DRESS:

Any exception to the above dress code will result in points lost and students will be required to participate fully in the school clothes. *A medical note excuses a student from participation only, not from dressing out.*

SECURITY STATEMENT:

Dinuba High School is not responsible for any items lost/stolen in the locker rooms. **Your clothing is your responsibility. Never lend clothing or locker use to anyone! Locking your belongings and keeping your combination to yourself makes theft impossible. All belongings must be removed from lockers by Wednesday, May 23, 2018**

HYGIENE STATEMENT:

1. Clean your body after physical education before applying deodorants.
 2. Shower and bathe daily.
 3. Change socks and underclothing daily.
 4. Take physical education clothes home weekly to wash.
- ☐ Please avoid using aerosol deodorants and hair spray and no glass is allowed in the locker room.

1. Students will arrive to class on time, fully dressed in physical education clothes, prepared to work and follow instruction.
2. Students will dispose of any gum or food before class begins.
3. Students will show respect towards fellow students and the instructors.
4. Students will refrain from physical or verbal harassment and profanity.
5. Students will remain in designated area until dismissed by their instructor.

Consequences:

- Refer to “points lost” on Grading Policy handout and/or Dinuba High Schools assertive discipline system.

Assertive Discipline System

- | | |
|----------------------|---|
| 1 st step | - Verbal warning & parental contact by teacher |
| 2 nd step | - Detention & parental contact by teacher. |
| 3 rd step | - Counselor visit and parent contact by counselor |
| 4 th step | - Counselor visit and parent contact by counselor |
| 5 th step | - Student sent to vice principal. |
| | - Parental contact by the vice principal. |
| | - Behavior Contract |
| 6 th step | - Student sent to vice principal. |
| | - Parental contact by the vice principal. |
| | - Removal from class and loss of credit. |

- ☐ ***Student must successfully complete both 9th and 10th grade physical education classes in order to graduate. Any student who does not pass the Fitness Gram will be required to take PE in 10th, 11th and/or 12th grade.***

Severe Clause:

In the event that a student displays severe misbehavior (i.e. fighting, vandalism, defying authority or stopping class from functioning) he/she will receive a **disciplinary referral** and will be sent directly to the assistant principal's office with the recommendation of suspension.

- *** The PE Department will strictly enforce cell phone and camera use. Cell phones and cameras are not permitted in locker rooms/PE area. 1st Offense – item will be confiscated and returned at the end of the day. 2nd Offense – item will be confiscated and will only be returned to a parent or guardian at a scheduled time.**

PHYSICAL EDUCATION CLASSROOM DISCIPLINE PLAN (17-18)

Rules:

**PHYSICAL EDUCATION GIRLS' SWIMMING
MEDICAL MODIFICATION**

The physical education department policy for girls using a parental excuse for their menstrual cycle during a **swimming unit** is as follows:

- The student may be excused for up to five (5) days due to their menstrual cycle. A parental note is **required each day** and an alternate activity will be assigned by the instructor. A parental note **cannot** be used for more than one day! If the student needs to be excused for all five (5) days, then they will need five (5) separate parental notes.
- Parental notes need to have the following information:
 1. Student's name.
 2. Current date.
 3. Reason of excuse.
 4. Current phone number or address if no phone.
 5. Parent's signature.
- If testing is missed, they will be required to make it up during tutorial.

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