

PHYSICAL EDUCATION

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COURSE DESCRIPTION

Physical Education at Liberty Charter High School is a fun, rigorous, California Standards based course focusing on aerobic fitness, muscular strength and endurance, flexibility, body composition, nutrition, self-management, lifetime fitness and the application of concepts, principles and strategies to improve individual fitness.

CALIFORNIA PHYSICAL EDUCATION CONTENT STANDARDS

The California Physical Education Content Standards will be the foundation for this class. These standards can be found at the California State board of education web site. The link is:
<http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>

STUDENT EXPECTATIONS

The 2014-15 LCHS character focus traits are **RESPECT, RESPONSIBILITY AND INTEGRITY.**

RESPECT

Teacher
Others
Equipment

RESPONSIBILITY

On time to class
Wash P.E. uniform/loaner
Classroom work

INTEGRITY

Do your own work
Don't take other students things
Own your mistakes

POLICIES AND PROCEDURES

- Students must change each day into a LCHS issued P.E. uniform.
 - ~Uniforms are \$20 a set and must be replaced if lost.
 - ~Students who had P.E. at LCHS may wear their uniform from last year. Uniforms this year have a new logo.
 - ~Last year's uniforms may be purchased for \$15 a set. There is a limited supply.

- Running or cross training shoes are required for safety. Please purchase shoes from a running store such as Big 5, Sports Authority, Nike, etc.
- **Combination** spin locks will need to be purchased. **No key locks.** Students will secure their P.E. uniform in an assigned locker with their own combination lock.
- **Students lock must be approved by coaches before receiving a locker**
- Locker combinations, lockers, uniforms or shoes may not be shared with other students.
- Uniforms and socks must be taken home and washed each Friday and brought back the following week.
- Students who leave their P.E. uniforms at home are required to check out a loaner set.
- Loaners must be washed and returned within 48 hours! No exceptions or excuses! Students will be charged \$15 if they lose the loaners they checked out.
- Sweatpants and sweatshirts will be **required** once the weather gets colder. Sweatpants must be loose fitting with no words across the bottom. Yoga and spandex bottoms are not allowed.
- Students will be counted tardy if they are not in the locker room at the end of the passing period **OR** if they are not on their roll number 6 minutes after the scheduled start time for each class.
- Students will be given 6 minutes to dress at the end of class. Showers are not provided. Deodorant and baby wipes may be kept in lockers.
- Gum is not allowed in the locker room, classroom or on the field/court. Conduct grade will be lowered if a student continues to bring gum to class.
- No food or drinks (other than water) in the locker room.
- Cell phones may only be used before and after school.
- Parents will be notified when students make poor choices with their words or conduct.
- Hair that is long enough to go into a pony tail must be pulled back and secured.



MEDICAL EXCUSES

- ❖ Students with a parent note asking to be excused from P.E. **will be required to change into their P.E. clothes and participate with modifications.**
- ❖ A parent note is good for a maximum of **3 days only**. The reason for exemption, parent signature, date, and phone number must be on the note.
- ❖ Doctor's notes need to clearly specify what the limitations are for physical activity in order to accommodate the requested modifications.
- ❖ If a student has a doctor written medical exemption the teacher and administration will determine a course of action based upon the **length and type of exemption**. This course of action could include the student remaining in P.E. with modifications, being removed from P.E. and placed in a Study Skills class with no credit for that semester of P.E. or remaining in P.E. without receiving credit for the semester.
- ❖ Students who are absent during a medical excuse will need to make up lost credit by completing a makeup form. The requirements are outlined on this form.

CLASSROOM PROCEDURES

- Students will spend 50 minutes each week on the Wednesday/Thursday block schedule days in the classroom. Class work will be done before the students change into their P.E. uniform.
- Classroom work includes (but is not limited to): Content standards, nutrition, making healthy choices, goal setting, tracking and monitoring personal fitness progress, body composition, heart rate zones, biomechanics, muscle identification and function, group work, projects, self-assessments, personal reflections, etc.

ABSENCES

- Physical Education will follow all LCHS school policies as outlined in the Student Handbook. Students will not receive credit for a course if they have more than 7 unexcused absences within the semester.
- Students will not receive credit during an absence. Points missed may be made up by completing a P.E. absence makeup form documenting the required 35 minutes of physical activity. A parent or guardian signature is required. Students must complete and submit this form within **ONE WEEK OF THE ABSENCE**. Late forms will not be accepted.

GRADING

The semester grade is based upon percentages and weighted as follows:

Daily Activities-30%
Content Knowledge Assessment-50%
Final-20% (Includes Physical Fitness Test and Written Test)

REQUIRED SUPPLIES

- ✓ A clipboard for personal and peer assessments. These will be kept in the lockers.
- ✓ 2 Pencils with erasers
- ✓ Pocket folder for handouts, worksheets, Self Assessments, etc. (Folders and pencils will be left in the classroom)
- ✓ Combination lock
- ✓ Running or cross training shoes
- ✓ Socks
- ✓ Deodorant, baby wipes, sunscreen, visor, water bottle (recommended but not required)

We have a limited supply of clipboards and folders that may be purchased for \$2 and will be sold on a first come, first served basis.





STUDENT AND PARENT ACKNOWLEDGEMENT
TO BE SIGNED AND RETURNED NO LATER THAN FRIDAY, AUGUST 29TH



Student Name (Print) _____ Module _____

I have read the Physical Education syllabus and understand the guidelines given for classroom procedures, expected behavior, grading and required supplies.

 Student Signature

 Parent/Guardian Signature

 Parent/Guardian email contact

 Parent/Guardian phone number



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