

San Leandro High School

Physical Education Handbook

2016-2017

Introduction

“High-quality physical education instruction contributes to good health, develops fundamental and advanced motor skills, improve students’ self-confidence, and provides opportunities for increased levels of physical fitness that are associated with high academic achievement” ⁽¹⁾.

“Physical education teaches students how their bodies move and how to perform a variety of physical activities. Students learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle” ⁽²⁾.

San Leandro High School strives to provide a standards-based Physical Education program by offering learning experiences that meet the developmental needs of students; emphasizing on the development of positive social skills, cooperation with others, and personal responsibility.

Objective / Over Arching Standards

Standard 1 “Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities” ⁽¹⁾.

Standard 2 “ Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies” ⁽¹⁾.

Standard 3 “Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity” ⁽¹⁾.

Student Requirements

Graduation

The minimum requirement for graduation is two years in physical education unless the pupil has been exempted ⁽²⁾.

FITNESSGRAM Testing

FITNESSGRAM is a comprehensive, health-related physical fitness battery developed by the Cooper Institute to assist students in establishing lifetime habits of regular physical activity ⁽³⁾. 9th graders must meet satisfactorily any five of the six standards of the physical performance test to be considered for a two-year exemption any time during grades ten to twelve.

Exemptions

For more details of exemption eligibility, please visit the California Department of Education website <http://www.cde.ca.gov/ci/pe/cf/joexemphspeletter.asp> You can also consult with your student’s PE teacher.

Attendance

Due to the participatory nature of the P.E. program, students' daily attendance and participation are expected. Make-up arrangements can be made with each individual teacher for excused absences (verified cuts and unexcused absences cannot be made-up). Absences must be excused by attendance office.

Roll Call and Punctuality

Each student is assigned a roll call number for attendance procedures. Students are expected to report to their roll call numbers, dressed in their P.E. uniform at the sound of the second bell. Students who fail to report to their roll number on time, without a tardy note from a staff member, will receive a tardy. Excessive tardies may lead to parent contact, disciplinary actions, and/or lowering of the grade. Tardies are very disruptive to the learning environment; please be courteous by being on time.

P.E. Uniform

Policy

It is appropriate for students to change their clothes for hygiene, safety, and movement efficiency purposes. Students are required to change clothes in preparation for their P.E. class. Uniforms must be legibly marked with students' name. It is the student's responsibility to keep their uniform clean and in good condition (no alteration). Socks and appropriate athletics footwear are mandatory during class (no flip-flops, sandals, slippers, etc.). Failure to comply with dressing policy may result in parent contact, disciplinary actions, and/or lowering of the grade.

Loaner Program

The loaner program allows students to borrow a clean uniform for one class period. Students must present their ID card in exchange for a uniform (shirt and/or shorts/sweatpants). Students must return the uniform borrowed at the end of the changing period; their ID card will be returned to them. Failure to return school property may result in your student being billed for the price of a uniform. Each student is allowed a **maximum of 3 loans per grading period**.

Safety and Hygiene

Wearing the P.E. uniform is an important safety precaution at San Leandro High School. It allows security, administrators, and teaching staff to quickly identify students from non-students. It also allows students to move freely without obstruction from street clothes. **STUDENTS ARE NOT ALLOWED TO WEAR ANY STREET CLOTHES (jeans, shirts, etc.) UNDER HIS/HER P.E. UNIFORM.** In addition, changing into uniform is an important part of personal hygiene. Showers are available to use after class (not mandatory); students provide their own towel.

Uniform Pricing

Uniforms are available for purchase during P.E. class the first week of school (**CASH ONLY**). Uniforms can also be purchased at the school bank and online (SLHS.net webstore).

Sizes Small to XL:

Shirt: \$13 Shorts: \$14 Sweatshirt: \$17 Sweatpants: \$17 Lock: \$6

Combo A: Shirt, Shorts & Lock = \$30

Combo B: Shirt, Sweatpants & Lock = \$33

Combo C: Shirt, Shorts, Sweatpants, Sweatshirt & Lock = \$60

Sizes XXL & up:

\$2 extra for each item or

CASH ONLY!

Combo A: \$33

Combo B: \$36

Combo C: \$65.

Excused Participation

Temporary Medical Excuses (1 to 3 days)

When a student is temporarily unable to participate in Physical Education class due to physical ailment, he/she must provide the teacher with a written note (or email). The note must include the student's name, period, date, parent/guardian signature, and phone number. **THE STUDENT WILL STILL BE REQUIRED TO DRESS OUT IN THE P.E. UNIFORM.**

Medical Excuses of 3 days and more

A physician's note is required for medical excuses longer than 3 days. Ideally, the physician's note should state the nature of the injury, recommend modifications as well as the length for the excuse. The student may be excused from dressing out in the P.E. uniform when the physician recommends "No P.E.".

Extended Medical Excuses

Long-term medical excuses or absences of 5 to 15 consecutive days must be verified by a doctor's note. Work missed due to medical excuses must be made up by the student to receive full credit for the class. The school district governing board may grant a temporary exemption due to illness or injury ⁽²⁾.

Chronic Physical Ailments

For the safety of your student, promptly inform teacher in writing of any chronic ailments such as (but not limited to) asthma, allergies, injuries, heart condition, or any other condition that may affect your student's participation in class. **OUR STUDENTS' SAFETY IS OUR PRIMARY CONCERN.**

Miscellaneous

Injuries Please promptly report any injuries to your instructor or supervising staff.

Lost & Found Thank you for returning any found items to the P.E. offices. Items will be kept for 30 days, then will be sent to the main office lost and found. At the end of each semester, all unclaimed items will be donated to a local charity.

Bathroom Use Passing and changing periods allow for ample time for students to use the restroom; restroom visits are very disruptive to the instruction, plan to take care of your personal needs accordingly.

Locks/Lockers Each student is assigned a locker in the locker room. Locks can be purchased from any P.E. staff (\$6). Students must register their lock with P.E. staff. Non-SLHS P.E. locks will be cut off without notice.

NEVER SHARE LOCKERS or COMBINATION.

Teachers Contacts

Mrs. Abadia	mabadia@slusd.us	618-4600 Ext. 2133
Mr. Bowers	bbowers@slusd.us	618-4600 Ext. 2128
Mr. Goulet	ngoulet@slusd.us	618-4600 Ext. 2135
Mr. Liesenfeld	jliesenfeld@slusd.us	618-4600 Ext. 2175
Mr. Miloslavich	mmiloslavich@slusd.us	618-4600 Ext. 2166
Ms. Musso	cmusso@slusd.us	618-4600 Ext. 2574
Mrs. Wettergren	iwettergren@slusd.us	618-4600 Ext. 2176
Ms. Wood	jwood@slusd.us	618-4600 Ext. 2177

REFERENCES

- (1) California State Board of Education, *Physical Education Model Content Standards for California Public Schools*, January 2005
- (2) California State Board of Education. Retrieved from:
<http://www.cde.ca.gov/pd/ca/pe/physeducfaqs.asp#PE>
- (3) California State Board of Education. Retrieved from:
<http://www.cde.ca.gov/ta/tg/pf/>
- (4) California State Board of Education. Retrieved from:
<http://www.cde.ca.gov/ci/pe/cf/joexemphspeletter.asp>

After-School Athletics

All students are encouraged to participate in after-school athletics. The following is a list of athletic activities offered throughout the school year.

Fall

Cross Country (M & W)
Football (M)
Golf (W)
Tennis (W)
Volleyball (W)
Waterpolo (M & W)

Winter

Basketball (M & W)
Soccer (M & W)
Wrestling (M & W)

Spring

Badminton (Co-Ed)
Baseball (M)
Golf (M)
Tennis (M)
Volleyball (M)
Softball (W)
Swimming (M & W)
Track & Field (M & W)

Contact Athletic Director Mr. Strickland

(510) 618-4600 Ext. 2165

(510) 599-2787 jstrickland@slusd.us

for information regarding the following programs and students' eligibility.

Follow SLHS Athletics on Twitter
@SLHSPiratePride