

## PHYSICAL EDUCATION - CARMEL HIGH SCHOOL (2008 – 2009)

Dear Parent/Guardian,

Your son/daughter is enrolled in a physical education class this year. We are looking forward to many opportunities for each student to learn and grow through his/her experiences. Since lifelong success depends on learning to make responsible choices, the Physical Education Department has adopted class expectations and grading policies to guide each student in making good decisions about behavior and performance. All students are expected to abide by them as well as the basic concepts of good sportsmanship and conduct within the class. Failure to do so can result in a lowered grade as outlined in the official Carmel High School Student Timetracker.

### COURSE CREDIT

A student who successfully completes a semester of instruction will receive 5 credits toward the C.H.S. Physical Education graduation requirement of 20 units.

### GENERAL RULES

- Follow all teacher directions.
- Be polite and respect other students in the class.
- Wait quietly during roll for instructions.
- Raise your hand when asking a question. Don't shout out.
- Bring all necessary materials to class (P.E. clothes, tennis shoes, etc.)
- Take care of equipment and help put it away after use.

### CONSEQUENCES

- First time a student breaks a rule - teacher warning.
- Second time - student separated (working away from the group)
- Third time - teacher contacts parent/guardian.
- Fourth time - student is referred to the assistant principal.
- Severe disruptions - If a student exhibits extreme misbehavior such as fighting, open defiance, or vulgar language, they will receive an immediate referral to the assistant principal.

Positive recognition and rewards will also be given in the form of praise from the teacher, "good news" notes home, and positive phone calls to the parent/guardian.

### GRADING POLICIES

Students are evaluated daily and given a grade every quarter (approximately 9-10 weeks.) Grades are based on a points system and quarter grades are accumulated to determine semester grades.

A student must:

- Make up all assignments, absences/medicals, tests, fitness points, etc.
- Dress out in PE clothes. (Each unexcused non suit will reduce a student's grade.)
- Be to class on time. (Each tardy will reduce a student's grade by one point)
- Participate in all class activities.
- Average at least 90% ("A"), 80% ("B"), 70% ("C"), or 60% ("D") on all skill tests, written tests, and assignments. Below 60%, a student will receive a failing grade for the quarter.

## PROPER ATTIRE

The Physical Education Department has adopted appropriate clothing standards for students in order to facilitate freedom of movement, insure safety standards, provide for instructional needs, and promote personal hygiene. The requirements are as follows:

- Gray Physical Education T-Shirt marked with the student's name.
- Red Physical Education shorts marked with the student's name.
- White or gray athletic socks and tennis-style athletic shoes.
- C.H.S. sweatshirts or sweatpants sold in the A.S.B. Office or solid red, gray, or white sweat attire are acceptable as well.
- Sandals, flip-flops, boots, or other street shoes are unacceptable and, if worn, the student will not be allowed to participate.
- Students must change out of their street clothes to participate in Physical Education class.

## PURCHASING UNIFORMS

All physical education outfits are to be purchased in the A.S.B. Office in the Administration building. Checks should be made out to the Carmel Unified School District in the amount of \$23.00. Individual purchase price is \$10.00 each for a shirt or \$13.00 for shorts.

## LOCKERS

All students enrolled in Physical Education must be issued their own lock and locker by the department. These locks are issued free of charge to the student. However, if your lock is damaged or lost, a \$5.00 fee will be assessed. Athletic lockers are also issued, as available, by the C.H.S. coaching staff. These shall only be used during the season of participation in sport.

## NON-PARTICIPATION AND NON-DRESSES

A student must be dressed and participating to receive credit for that day. A note from a parent or doctor can excuse non-participation on or before the day the student attends class. A 24-hour extension in presenting the note will be given if the student becomes ill or incapacitated during the day of participation. Students who do not come to class wearing appropriate clothing will not be allowed to participate. Unexcused non-participation days cannot be made up.

## MEDICAL EXCUSES

A student may be excused for up to three days with a note from the parent/guardian. If the student will be out of activity for more than three days, a doctor's note is required. Please ask the doctor to include the length of time the student will be excused as well as the level of participation the student is allowed since there are times when a student is able to partially participate and avoid make-up assignments. Medical excuses must be given to the teacher on the day of return.

## MAKE UPS

Students are responsible for making up all missed assignments, activities, and tests due to excused non-participation or excused absences. Make-up assignments can involve alternative PE activities, activity during office hours with the teacher, or by completing a written research report using the guidelines listed under "Report Content" below. All written make-up work must be completed within a week, of returning to school or see teacher if more time is needed. A limit of 10 alternative PE activities per semester will be accepted.

\*fitness points can only be made up by making up the activity missed with the teacher. For example, the mile run.

\*swimming points can only be made up with the teacher during office hours or by arrangement with the teacher.



REPORT CONTENT & FORMAT

If students are assigned make-up work involving a written research report, the subject of the report is to be related directly to the activity missed and shall cover a single topic. A minimum of one resource is to be used in any report. Paraphrasing or quotes must be credited when used, so please indicate with a bibliography number and page. Each report shall consist of a cover page, including title or topic, make-up date(s), student's name, class period, teacher, submission date, and bibliography. Typed reports shall be double spaced while all others must be written on lined paper, double spaced, and written legibly in blue or black ink. NO pencil work will be accepted. Listed below is a timetable for written reports:

<u>Timetable:</u>	One day absent	Two-page report (including cover page)
	Two days absent	Three-page report (including cover page)
	Three days absent	Four-page report (including cover page)
	Four days absent	Five-page report (including cover page)
	Five days absent	Six-page report (including cover page)
	Six days absent	Seven-page report (including cover page)
	Seven days absent	Eight-page report (including cover page)
	Eight days absent	Nine-page report (including cover page)

CONCLUSION

Please be assured that our goal is to work with you to ensure success for your son/daughter this year. To encourage good communication between the home and school, you should feel free to call us throughout the year regarding your son's/daughter's progress in class. The phone number at school is (831) 624-1821 and our extensions are listed below. We will make every effort to keep both students and parents informed of any potential problems or difficulties. Please read and discuss this course outline with your son/daughter and then sign and return the portion below. Thank you.

The Physical Education Teachers  
Ms. French – 3761  
Mr. Johnston – 3760

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I have read and understand the expectations and guidelines for Physical Education class:

Student's Name \_\_\_\_\_

Signature \_\_\_\_\_

Parent's Name \_\_\_\_\_

Signature \_\_\_\_\_