

SOUTH TAHOE HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

MISSION STATEMENT

The Physical Education (PE) program will empower the student with the ability to demonstrate and understand skills as well as behaviors that will contribute to a healthy lifestyle in a comprehensive educational setting.

PHYSICAL EDUCATION ATTIRE

1. Regular South Tahoe High School PE uniform OR solid blue athletic shorts with a plain white T-shirt or a T-shirt that promotes STHS.
2. Plain blue sweat clothes are optional and can be worn OVER the PE uniform.
3. No jackets and no hats allowed during class.
4. All students must dress out daily for PE (shirt, shorts and athletic shoes).
5. A full PE uniform will be sold through the ASB office. This includes: STHS PE T-shirt and shorts. The cost for the full set is \$15. Separately: \$5 for the T-shirt, \$10 for the shorts.
6. Blue PE sweats are available for the cost of \$25 per set. Sweat tops are \$15, bottoms are \$10.

ZERO TOLERANCE FOR NON-SUITS

1. Grade will be lowered on the fifth non-suit a full letter grade per semester.
2. Students who forget their PE uniform will be issued loaner clothes for the day.
3. All students are required to fully participate every day.

LOCKER ROOM/GYM POLICY

1. Always lock your valuables.
2. Do not share your locker or combination with anyone.
3. NO EATING, NO HORSEPLAY, NO GUM
4. No electronic devices (i.e. cell phones, iPods, mp3 players, headphone including wireless) allowed in class.
5. PE DEPARTMENT IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

ROLL CALL PROCEDURE – ATTENDANCE

1. Meet in the gym
2. Roll will be taken at the tardy bell before dressing.
3. Roll will also be taken at the end of class and if not present will be marked absent.

GRADING POLICY

Every PE class is based on a 20 point day. Grades are broken down into Movement Skills and Knowledge; Physical Fitness: Self Responsibility; and Social Behavior. Participation in class activity is assessed daily. Examples grading assessments are:

1. Warm-ups
2. Cardiovascular training
3. Sport related activities and Skills testing
4. Written assignments and tests
5. Physical fitness test (FitnessGram which is state mandated, students must pass 5 of the 6 tests to complete their PE graduation requirement)
6. Attendance and Punctuality
7. PE attire
8. Class behavior

MAKE-UPS

1. Students are expected to make up all excused absences.
2. Students are NOT allowed to make up any UNEXCUSED absences therefore negatively affecting their grade.
3. Students have one week from the day they return to school after the absence to complete their make-ups.
4. Students should see their instructor to make arrangements for make-ups.
5. Students are responsible to pick up make-up sheets from the PE office.
6. Students are allowed to make up 5 excused absences per semester.

ILLNESS/INJURY NOTE

1. **Notes from parent/guardian or doctors only.**
2. A note from a parent/guardian will excuse a student from participation for only the day it is written.
3. The note must be specific to the illness/injury and limitations.
4. A new note must be written each day, up to 3 consecutive days.
5. An extended medical excuse (more than 3 days) must come from a doctor and may result in partial credit or an adjusted curriculum grade.
6. Students with medical notes that extend for 7 weeks or longer may be dropped from PE and have to retake the class at another time.

*****Students who are unable to participate in PE due to injury, will not be allowed to participate in any STHS athletics or any extra-curricular activities until cleared.*****