PHYSICAL EDUCATION DEPARTMENT POLICY
RIO AMERICANO HIGH SCHOOL
9/10th Grade
2015 - 2016

Course Description:

- The primary goals of our physical education program are to provide students with the opportunities to improve their health-related physical fitness as well as to understand advanced concepts related to physical fitness and physical activity. Students will learn how to achieve physical fitness and the importance of maintaining an active lifestyle throughout their lifetime.
- Through a core curriculum, based on California “Physical Education Content Standards” and “Common Core Standards”, students will develop and utilize skills in the areas of communication, collaboration, problem solving, and critical thinking. Students will also participate in a variety of assessed activities which are specifically designed to measure student learning from both a formative and summative method whereby student performance data will be used to tailor instruction, and thereby, personalize learning.
- Ultimately, students will participate in the “FitnessGram” assessment, a complete battery of health-related fitness items. And finally, students will demonstrate proficiency by applying their mastery of skills and knowledge to the creation of their own personalized nutrition and physical fitness plans.

<table>
<thead>
<tr>
<th>Standard-1 “DO/KNOW”</th>
<th>Standard-2 “DO/KNOW”</th>
<th>Standard-3 “DO/KNOW”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mechanics Of Body Movement</td>
<td>Effects of Activity upon Dynamic Health</td>
<td>Self-Responsibility Social Interaction Group Dynamics</td>
</tr>
<tr>
<td>1. Motor Skills (Do)</td>
<td>1. Fitness Gram (Do)</td>
<td>1. Participation (Do)</td>
</tr>
<tr>
<td>2. Movement Patterns (Know)</td>
<td>2. Run Days (Do)</td>
<td>2. Behavior (Do)</td>
</tr>
<tr>
<td>3. Strategies (Know)</td>
<td>3. Folder Info (Know)</td>
<td>3. Group Dynamics (Know)</td>
</tr>
</tbody>
</table>

A. LOCKS: Locks (preferably combination) must be brought to school by all students to use on a P.E. locker. They are to register their locker with their PE teacher. All clothing, backpacks, etc., must be secured in a locker or brought to class. The Rio Americano High School staff does not accept responsibility for personal property that is lost or stolen. We recommend that you follow the guidelines listed below to insure maximum protection of your clothing and valuables:

1. Do not give your lock combination to anyone (even your best friend).
2. Do not share your locker with anyone!
3. Check your lock to be sure it is secured. Don’t leave it set on your combination.
4. Do not leave an open locker and/or personal belongings unattended.
5. Please do not bring large sums of money or expensive jewelry to school.

B. LOCKER ROOM RULES:

1. No glass containers or aerosol cans!
2. Water is the only acceptable beverage during PE. No gum or candy allowed.
3. No throwing anything in the locker rooms.
4. Please deposit all trash in the garbage cans

C. UNIFORMS: Students are required to change into PE clothes on a daily basis (P.E. clothes may not be worn over regular clothes). You may purchase our uniforms with the Raider logo, or purchase clothing elsewhere. Rio Americano uniforms (shirt, shorts, sweatpants, and sweatshirts) will be available for purchase throughout the school year. A printed price list is available upon request or can be viewed on your P.E. teacher’s webpage.

1. SHOES: Athletic type shoes that fit securely to the foot are required. Dress shoes, sandals, boots and platform shoes are unacceptable! Shoes designed for laces are to be tied securely over the tongue of the shoe.
2. UNIFORM REGULATIONS: Shirts must be a Rio PE shirt or a plain grey tshirt. Shorts must be Rio PE shorts or black shorts. Student name must be visible on the outside front of shirt and shorts. Sweat-shirts/pants are allowed during cold weather (jackets or coats are acceptable only if you already have a sweatshirt on when the weather is extremely cold). No sharing or borrowing of P.E. clothes! Uniforms are to be taken home and washed as needed. Unsafe jewelry may not be worn, i.e., earrings and necklaces.
3. **ALL ELECTRONIC DEVICES** must be put away (with the exception of scheduled run days) and secured in locker room – not taken out to P.E.

4. **RATIONALE FOR WEARING P.E. CLOTHES:**
   a) Promotes good personal hygiene
   b) Demonstrates readiness to actively participate
   c) Enables quick identification of P.E. students

D. **NON-SUITS:**

1. **FIRST:** A verbal warning is given to the student
2. **SECOND:** Phone call/written note home. If signed and returned, non suit will be taken off grade.
3. **3rd & ABOVE:** Students grade will be lowered by accordingly and a detention will be assigned.

E. **LIMITED/NON-PARTICIPATION EXCUSES:**

1. Students are expected to dress, even if excused from participation. Notes excusing non-suits are not accepted.
2. A student may be excused from active participation by written request from the parent (not to exceed 5 days); or a doctor’s note (which is required for longer than 5 days).
3. Notes should include: the date, full name of student, reason and duration of excuse, plus parent or doctor signature.
4. Consent forms to allow students with asthma to carry their inhalers at school are available in the main office.

F. **GRADING:** At the start of each quarter, each student begins with an A+/O in their academic/citizenship grade. Each student’s quarter grade in P.E. is based on daily participation and citizenship, physical/written assessments, portfolios and tardies.

G. **MAKE-UP POLICY:** If a student is legally absent from their scheduled Physical Education class, he/she has an opportunity to make up the class. Swim makeups must be made up at lunch in the pool with a PE teacher. Cardio days must be made up with a cardio day. Cardio days will be held *Mondays at lunch and Thursday mornings from 7:00-7:30am*. Makeups need to be done within 10 days of the excused absence.

<table>
<thead>
<tr>
<th>LETTER GRADE</th>
<th>PERCENT</th>
<th>RUBRIC GRADE</th>
<th>RUBRIC INTERPRETATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>97 - 100</td>
<td>3.78 - 4.00</td>
<td>4 – ADVANCED</td>
</tr>
<tr>
<td>A</td>
<td>93 - 96</td>
<td>3.56 - 3.77</td>
<td>Consistently meets and exceeds expectations.</td>
</tr>
<tr>
<td>A-</td>
<td>90 - 92</td>
<td>3.33 - 3.55</td>
<td></td>
</tr>
<tr>
<td>B+</td>
<td>87 - 89</td>
<td>3.11 - 3.32</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>83 - 86</td>
<td>2.89 - 3.10</td>
<td>3 – PROFICIENT</td>
</tr>
<tr>
<td>B-</td>
<td>80 - 82</td>
<td>2.67 - 2.88</td>
<td>Meets Expectations.</td>
</tr>
<tr>
<td>C+</td>
<td>77 - 79</td>
<td>2.44 - 2.66</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>73 - 76</td>
<td>2.22 - 2.43</td>
<td>2 – APPROACHING</td>
</tr>
<tr>
<td>C-</td>
<td>70 - 72</td>
<td>2.00 - 2.21</td>
<td>Shows evidence of partial understanding.</td>
</tr>
<tr>
<td>D+</td>
<td>67 - 69</td>
<td>1.78 - 1.99</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>63 - 66</td>
<td>1.56 - 1.77</td>
<td></td>
</tr>
<tr>
<td>D-</td>
<td>60 - 62</td>
<td>1.33 - 1.55</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>55 - 59</td>
<td>1.00 - 1.32</td>
<td>1 – BELOW</td>
</tr>
<tr>
<td>F</td>
<td>50 - 54</td>
<td>0.67 - 0.99</td>
<td>Shows evidence of a need for significant re-teaching.</td>
</tr>
<tr>
<td>F</td>
<td>0 - 49</td>
<td>0.00 - 0.66</td>
<td></td>
</tr>
</tbody>
</table>

Our department only uses Q (formerly Zangle) to display the student’s mid-quarter progress and final quarter grade. Therefore, in order to monitor your student’s weekly progress in PE, you will need to access his/her teacher’s webpage located on the Rio Americano Website: www.sanjuan.edu/rioamericano; then click on the “TEACHER & STAFF” icon to find your student’s teacher.

If you have questions, please feel free to contact us first, via District e-mail addressed to your student’s teacher, or second, by phoning 971-7505.
Student’s Name: ____________________________________________

Last,                                                First
(Please print neatly and legibly)

* Please keep the Physical Education Department Policy in PE folder for future reference. Fill out this sheet, and return it neatly and promptly to your P.E. teacher.

Circle teacher’s name

Mrs. Smiley
Mr. Davis
Mrs. Virga
Mr. Gordon

P.E. Period

Home Phone Number

Cell Phone Number

E-Mail Address

We have read and understand the Rio Americano Physical Education Department Policy for the 2015 – 2016 school year.

Student’s Signature ________________________________       Parent’s Signature ________________________________

Please list all medical conditions that may limit participation in P.E. activities (i.e., allergies, asthma, etc.):

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Please fill out and sign the attached Off Campus Field Trip Permission Form with Emergency Information. On some block days, we, as a class, will walk/run down to William B. Pond on the American River Bike Trail. This form was sent home with your student, or you can obtain another copy on my website under “Nuts and Bolts- Off Campus Run Permission Slip.”