

Student/Parent Guide For Physical Education

This guide is designed to acquaint students and parents with the Physical Education program.

Department Philosophy

Physical Education is a series of courses and activities that educate about the physiological, sociological, and psychological principles inherent in the science of human movement. The staff believes physical education should be offered in a skill-based, participatory setting where students learn to understand and appreciate the importance of maintaining a physically fit body for the rest of their lives. The staff encourages the development of social skills, including sportsmanship and teamwork, through interaction with fellow peers of various backgrounds. The staff strives to provide a positive environment that allows for the development of a healthy self-esteem. Students will be evaluated on their participation, improvement, skills, and knowledge of the subject matter taught.

Graduation Requirement

To qualify for the UHS diploma, a student must take and pass (grade of D or higher) 20 credits (2 years) of physical education. See the Registration Manual for a complete description of all graduation requirements.

Requirements and Rules

As in all classes, rules and expectations for student behavior noted in the Parent -Student Handbook applies in physical education classes. Misconduct, profanity, and failure to follow any staff member's directions will not be tolerated.

Students who damage or deface P.E. equipment or facilities or other students' property will be held financially responsible. They are also subject to suspension, possible arrest, and possible recommendation for expulsion as described in the Parent Student Handbook.

Students must extend proper respect and courtesy to other students and staff members at all times.

Required Participation

- Regular, active daily participation is essential to successful completion of physical education classes. Requirements for participation are as follows:
 - A student must be in uniform and actively participating every day
 - Absences for any reason and activity excuses are not counted as participation days. Excessive absences or excuses will lower a student's grade and may result in failure of the class.

Short-term Excuses for Non-Participation

Parent requests to have a student excused from Physical Education participation will be allowed for no more than three days without a doctor's note.

- A student who has a short term medical conditions or injuries that preclude or limit his/her participation in physical education class activities may arrange to be excused for no more than three class days as follows:

- ❑ Obtain an activity excuse slip from the Health Office before school by providing a written note from parent/guardian
- ❑ Give the activity excuse slip to the P.E. teacher at the beginning of class

Depending on the injury or condition, the student may be required to dress in the P.E. uniform and/or may be given an alternate written assignments by the teacher.

Long -Term Excuses for Non-Participation

Students who have physical injuries, conditions or disabilities that cause them to be unable to participate in Physical Education for more than three days must provide written documentation from a physician on his/her letterhead or stationary. Documentation must be on file in the Health Office from the time the excuse begins. Documentation must include the length of time the student must be excused, whether temporarily or permanently, and must indicate which activities will be appropriate, if any.

Modified PE is an option for students with less severe or long-term injuries or disabilities. However the physician must list what activities are appropriate for the student. This requires a schedule change for the student as there is only one Modified PE class.

Physical Education excuses for more than four consecutive weeks may require a schedule change and may result in loss of P.E. credit for the *semester* during which the student is excused. If and when the student is no longer excused from P.E., he/she will be required to make up the *semester* missed to satisfy the graduation requirement in Physical Education. Consideration may be given to Upland High athletic related injuries.

When a student who has been exempt from participating in P.E. no longer has current documentation from a physician, he/she will be required to re-enroll in P.E. until he/she has completed the required 20 credits.

Physical Education Dress Requirements

- The following uniform must be worn by all students in physical education classes:
 - ❑ Upland **gray T-shirt** and Upland black shorts (only available at the Student Store)
 - ❑ Athletic shoes and socks (preferably white)
 - ❑ Sweatpants and sweatshirts are recommended (optional) for inclement weather. Sweats must be black, green, white or athletic gray.
- Swimsuits during swimming lessons. (Cut-offs shorts, sweats, and/or P.E. loaner clothes are not permitted in the pool.
- Shorts, shirts, and shoes must be clearly marked with the student's name. Uniforms must be taken home and washed weekly. Students must not borrow clothes from, or loan clothes to, other students. Students who do not dress in the required uniform will not be allowed to participate in class activities and will receive a suit cut. If there are special circumstances regarding appropriate clothing, the student and parent must notify the teacher immediately.

Procedures for Borrowing Loaner P.E. Clothes

- The purpose of the loan program is to provide **temporary** assistance to students who have lost or forgotten their P.E. clothes (and to students whose clothes are missing from the locker). Loaner clothing is washed by the school staff after each use. The following rules apply:

- Loans are for one day only. Loans will be made to the same student no more than *two days per quarter*. Loans are recorded by date and teachers will be informed of use. Special problems with replacing clothes must be reported to the student's teacher.
- The student must turn in a valid student I.D. card to borrow clothes. A student who has misplaced his/her I.D. must purchase a new one at the Student Store.
- The student must go to the northeast window on the outside of the gym (locker room attendant's office) **before** the tardy bell. No clothes will be issued after the bell.
- The student must state his/her teacher's name and turn in his/her I.D. The I.D. card will be returned when the clothes are turned in at the end of the period.
- Long -term loan clothing is available for students with special needs. The student must inform his/her teacher.

Policies concerning Non-Suits each semester

Habitual Non-Suits are considered a discipline problem and are disruptive to the educational process. A student is considered defiant if he/she chooses "not" to dress. PE loaners are available and should prevent non-suits from occurring.

If the student transfers from one teacher to another, his/her non-suits and grades will transfer and be counted as part of the final grade.

Tardiness and Truancy

Teachers will enforce the tardy and truancy rules described in the Parent-Student Handbook.

Those who arrive after the seven-minute bell will be considered tardy to class. The locker room doors will be closed and locked at the tardy bell and students will not be allowed to enter the locker rooms during class for any reason.

After the tardy bell rings, the students will have 5 minutes to dress out and report to their roll call numbers. Ninth-grade students will meet on the west blacktop area for roll call and warm up exercises. Other students will meet on the east blacktop area. No student will be allowed back in the locker room during class time.

Physical Education Lockers

- Small Physical Education lockers are to be used to store only P.E. clothing. Other than during a student's PE class, food, books, valuables, glass containers, and other property must not be stored in those lockers during the school day or overnight.
- A large street locker will be available to each student to be used only during his/her P.E. class. If the student leaves a lock on his/her street (large) locker after his/her P.E. class, the lock will be cut off **24 hours after a written notification is placed in the locker**.
- Upland Unified School District is not responsible for any property left or stored in lockers or in the locker rooms **at any time. It is understood that students use the lockers at their own risk**.
- Students must provide their own locks. Locks may be purchased at the Student Store. Combination locks are recommended because keys are easily lost or forgotten.

- Teachers and the locker room attendant will assign lockers. Students should report damaged lockers to the locker room attendant or their teacher as soon as the damage is noticed.
- Locks placed on unassigned lockers will be cut off **24 hours after a written notification is placed in the locker**
- **Students: Do not share your locker or combination with anyone.** Double check your lock each time you close it to make sure it is securely fastened. If your property is missing and you suspect theft, inform the locker room attendant and fill out a theft report **in the student services office.** *Do not leave any personal property unattended.*

Athletic lockers

- Athletic lockers will be assigned when the coach submits a roster to the locker room attendant.
- Athletic lockers are for use only during the athlete's season of sport. All athletes must remove all property immediately when the season ends. The lockers will be reissued to other teams and athletes immediately. Locks left on the lockers will be cut off.
- *All Physical Education locker procedures also apply for the athletic locker.*
- Athletes who are dropped from a sport during the season or preseason must remove all property from the lockers immediately. **Locks left on the lockers will be cut off 24 hours after written notification is placed in the locker.**
- Upland Unified School District is not responsible for any property left or stored in lockers or in the locker rooms.

Out of Bounds

- ❑ ***No students are allowed to retrieve belongings out of the PE locker room during class time.***
- ❑ Student must remain in the P.E. area north of the service road during the entire period in which they have physical education.
- ❑ *At the end of the activity period, students will have seven minutes to change clothes before the period ends.* They must remain north of the service road until the passing bell rings.

Physical Education Faculty Members

Teachers: Mike Alonso, Lani Felberg, Larry Houg, Marti King, Richard Kim, Lori Menard, Tim Salter, Rueben Solorio, Ellie Sprague, Rob Sprung

Coaches: Dave Condino, Bob Irwin, John McNally, Scott Robertson,

Instructional Coordinator: Cindy Murray

Locker Room Attendant: Dena Hendriksen