

CVHS PHYSICAL EDUCATION SYLLABUS

The State of California and the Redlands Unified School District require passing two years of physical education for graduation. The P.E. curriculum will provide students the opportunity to gain knowledge and understanding of movement, fitness, health, social skills, and the appreciation of life long participation in physical activity. The key to passing P.E. is to attend daily, and actively participate to the best of your ability with CLASS. (Character, Leadership, Attitude, Scholarship, Service)

GRADING SCALE:

Students will be graded on a point system based on daily effort/participation, general improvement, standard based fitness tests, and demonstration of CLASS. The PE grading scale:

100-90% = A, 89%-80% = B, 79%-70% = C, 69-60% =D, 59% or less = F

- Please note---Cell phones, and any other electronic devices are **NOT ALLOWED** in PE. If seen by any PE teacher, students will lose the ability to earn their daily points.

UNIFORMS/DRESS REQUIREMENTS:

All students are required to wear the appropriate uniform which consists of the CVHS black shorts and gray shirt with student name clearly written on both. Athletic tennis shoes with socks must be worn for general safety - sandals or flip flops are not allowed.

- **LOANER CLOTHES WILL ONLY BE PROVIDED ON MONDAY'S.** A student who is not in a PE uniform, or fails/refuses to check out loaners, cannot earn all of their daily points.

HEALTH/MEDICAL ISSUES and EXCUSES:

Parents are required to inform the instructor of any health or medical issues that may impact their child's participation/activity in PE.

- Students with a parent or medical note **MUST DRESS in the PE uniform**, and will be required to complete a modified assignment. A parent/guardian note excusing a student from P.E. activities due to medical reasons is required and only effective for a 1-3 day period. A doctor's note is needed for any excusal lasting more than 3 days.
- Written assignments may be given for extended excuses
- Medical issues over 6 weeks may result in a student not earning credit for the class

MAKE-UPS:

- Non participation for any reason will count against your grade, however if excused, you can complete a make-up activity
- Make-up activities and opportunities will be provided at the discretion of the PE instructor

TARDIES:

- Students are tardy if they are outside the PE gates when the tardy bell rings
- After dressing, students not seated on their number when the instructor begins class will be marked tardy

LOCKER ROOM AND LOCKS:

Lockers are for PE class only – students may only place PE items in their locker

- Food and drinks are not permitted in the locker rooms
- Students who do not follow the rules and expectations will lose access to the locker room
- CVHS will issue a PE locker and lock – students may not use personal locks. CVHS will have a key and combination which allows CVHS to have access. **THE PE STAFF IS NOT RESPONSIBLE FOR ITEMS WHICH ARE LOST OR STOLEN IN THE LOCKER ROOM OR FOR LOST OR DAMAGED LOCKS.** If a lock is lost, damaged or misplaced, the student will be issued a new lock with a replacement fee of \$10.00.

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