

AMADOR VALLEY HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT
OBJECTIVES AND POLICIES 2010-2011

Mission Statement for K-12 Physical Education:

The Mission of the Pleasanton Unified School District physical education program is to prepare all students to live healthy, productive and physically active lives. Our quality physical education program will:

- provide students with the foundation for making informed decisions that will contribute to the development and maintenance of their physical, cognitive and affective well-being
- foster character development and personal and social responsibility in a physically and emotionally safe environment
- empower students to achieve and maintain a healthy lifestyle, which is a lifelong process shared by the home, district, and community.

* Physical Education is a graduation requirement. Each student at Amador Valley High School is required to pass FOUR SEMESTERS of physical education in order to fulfill the graduation requirement.

OBJECTIVES:

Physical Education at the high school level provides a unique environment to learn appropriate social behaviors and develop physical fitness and skills. Students will:

1. participate in standards-based activities designed to prepare them to pass the FITNESSGRAM®.
2. continue to improve their fitness level
3. demonstrate competency in social behaviors appropriate to physical activities
4. demonstrate continued skill acquisition
5. realize the benefits of physical fitness as it relates to academic performance

Courses offered:

PE 1: Required course for all freshmen. Includes fitness training and individual and dual activities.

PE 2: Sophomores must select one of the following courses of study:

Team Sports:

Sophomore course which includes fitness training and team sport activities.

Weight Training:

Sophomore course focusing on fitness and weight training.

Lifetime Fitness:

Sophomore course focusing on body shaping and lifetime fitness activities.

Athletic PE:

Sophomore, Junior and Senior course designed for athletes participating in Amador Valley Athletics. Focus is on sport specific training and conditioning.

Lockers, Lock, Locker-room:

Each student will be assigned a locker, but the student **MUST SUPPLY THEIR OWN LOCK**. Students are **NOT** allowed to **SHARE** lockers. Students **MUST BE ASSIGNED A LOCKER**. STUDENTS MAY NOT USE A LOCKER THAT HAS NOT BEEN ASSIGNED TO THEM. Students found utilizing an unassigned locker or sharing a locker will receive detention. **ABSOLUTELY NO FOOD OR DRINKS WILL BE ALLOWED IN THE LOCKERROOM, IN ANY P.E. AREA, OR DURING CLASS TIME (water is the only exception).**

Backpacks must be locked in student's locker. No bags may be left in aisles or brought to class. All locker room aisles must be kept clear of all student belongings. Detention will be issued for all items left out.

P.E. Uniform (required): NO DRESS, NO PARTICIPATION IN DAILY ACTIVITIES!

T-Shirt: As sold by PASS, AV team sponsored tee shirt or plain, white (not inside out) t-shirt. Last Name **VISIBLE** in **BLACK, BLOCK, PRINT** (i.e. **CORTEZ**) or dress cut will result. **NO** tank tops or cut off sleeves.

Shorts: as sold by PASS or Amador athletic team shorts. Shorts must be worn properly.

Shoes: **GYM/ATHLETIC SHOES ONLY**. Running shoes are preferred! No skater shoes, flip flops, etc. Shoes **MUST BE COMPLETELY LACED UP SNUGGLY**.

Socks: Must be worn. No bare feet in shoes, this includes bare feet out of shoes.

Slider Shorts or Pants: Optional, but must be worn under the proper P.E. shorts.

Sweats: *Allowed as long as PE clothes are underneath or over the top.*

NO JACKETS OR FLANNELS.

Hats: *Allowed for outside activity and only when worn properly.*

Lost or stolen clothes MUST be replaced by the student A.S.A.P. The PE department offers loaner clothes for use 5 times per quarter. Loaner clothes must be returned at the end of the period.

GRADES:

Grades are earned. Attendance, dressing out, daily participation, attitude, effort, timed mile runs, fitness testing and written tests all contribute to student grades.

Grade Distribution:

90-100%= A 80-89%=B 70-79%=C 60-69%=D 59% and below=F

***A student who does not dress for PE 7 days in a quarter will receive an F for that quarter of PE regardless of their grade percentage. IMPORTANT: 7 suit cuts = F**

Points are deducted for the following reasons:

Non- suit (cannot be made up) (*see above), Unexcused Absences (cannot be made up), Excused absence (*see below), Non/minimal participation, Uniform Violation, Tardiness, Poor attitude/effort/conduct.

***PE Make-Ups:** Make-ups are offered the LAST Wednesday of each month after school on the track. Students can run 1 mile in order to makeup an excused absence or missed timed mile. A maximum of two make-ups can be completed in one day. Written work is assigned for medical notes requiring students to miss PE.

General Information:

1. All STUDENTS on an athletic team MUST be dressed in the required P.E. uniform (including shoes) on a game day, or he/she will NOT be allowed to participate in that day's contest, even if s/he is a Varsity team member. This also includes cheerleaders, band members, and all other students representing Amador in competition.
2. Juniors and seniors are allowed one game day each week to choose NOT to dress out and participate in P.E. and will be allowed to participate in that particular day's AVHS athletic team's contest, without a grade point reduction.
3. Physical Conditions: You must tell your instructor if you have any physical condition(s) that can cause you danger to that s/he might be able to help you better in case of an emergency.
4. **Asthmatics:** You are expected to bring your inhaler to class if your doctor has prescribed you to do so. Your inhaler is considered a part of your required uniform. Without your inhaler you are not able to participate fully and your grade will suffer, but more importantly, you are putting yourself in unnecessary danger. Bring your inhaler out to class.
5. Extra curricular activities will not exempt students from any and all class activities without proper medical documentations
6. Electronic devices are not allowed in PE class. These should be locked up securely before class. Teachers will follow school policy by taking phones, Ipods, etc... and turning them into the office. At teacher discretion, students will be allowed to wear Ipods on extended run days.
7. **Written Assignments, Homework:** Occasionally a written assignment will be required for students to fully access class curriculum. In addition, students who are on medical exclusion from physically participating in activities will be assigned written P.E. activities in the library.

If you have any questions or need clarifications on any of the Amador Valley PE policies, please email or call one of the teachers. Thank you for your understanding and commitment to fitness. We look forward to a great year.

Yours in Fitness,
Amador Valley Physical Education

Rich Cortez	Elizabeth Stanley
Lou Cesario	Mary Scavone
Peter Scarpelli	Dawn Silva
Willie Brown	