

GOLDEN VALLEY HIGH SCHOOL

Department of Physical Education

9TH GRADE PHYSICAL EDUCATION COURSE ORIENTATION

Dear Students and Parents:

This Physical Education Orientation is designed to acquaint you with our 9TH Physical Education program and answer questions you may have. This Orientation includes: classroom policies & procedures, required materials, and learning opportunities for your student. Our ultimate goal in this class is to continually improve our State Physical Fitness Test scores each year through practicing these standards on a daily basis. Please read this carefully with your student. Should you wish further information, please contact the teacher.

Classroom Policies & Procedures:

Our Physical Fitness Courses are designed to help students become more physically fit and appreciate the importance of fitness to their health and well being. Our courses are also aligned to the California State Standards. Two years of successfully completing Physical Education is required to fulfill graduation requirements. A complete list of standards and this course orientation can be found on the G.V.H.S. website: www.hartdistrict.org/gvalley/pe.htm. We look forward to working together with your student for their success in their class.

- Come to class on time prepared to do your best on the day's activity.
- You are required to dress out in required P.E. Uniform in order to participate in class. (Uniforms and Locks can be purchased before school or during brunch/lunch only at the A.S.B. Student Store in the 500 building core).
- For your safety, no jewelry except stud earrings will be allowed in class.
- Athletic shoes (with laces) and socks need to be worn.
- If you are absent see teacher regarding make-up work.

Class Evaluation:

Participation 70% - Students are expected to follow the school's P.E. dress code and give their best effort in warm-ups, stretching, calisthenics, and activities on a daily basis. The participation grade will be weighted as follows: Warm up and stretching-25%, daily activity-75%.

Fitness Activities 30% - Students must participate in fitness activities such as a timed or endurance runs.

Makeup Assignments- Students who have excused absences from class are responsible for seeing individual teacher for make-up opportunities. Students who choose not dress out will be required to walk the track or other assigned area during the duration of the period. **If a student accumulates a total of 4 non-suits, he/she will be assigned a P.E. Saturday School which includes four hours of fitness activities.** Students will need to come to school dressed in required P.E. uniform for Saturday School. Once successfully completed, all four non-suits will be considered made up.

Grading scale:

100 - 90%	A
89 - 80%	B
79 - 70%	C
69 - 60%	D
59.9% - ↓	F

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Units Covered May Include the Following:

- Two 5 week Team Sport units may include two of the following: Badminton, Basketball, Flag Football, Floor Hockey, Paddle Tennis, Fitness, Soccer or Volleyball.
- Preparation and Administration for State Physical Fitness Testing for all 9th grade students.

Physical Education Uniform Policy:

- All students need to wear the official P.E. school uniform everyday. Please refrain from altering, tearing, or defacing the P.E. Uniform.
- Please make sure student's name is printed on the uniform.
- Students need to wear athletic tennis shoes (with laces) and socks.
- Students need to refrain from wearing school clothes under P.E. clothes. No second shirt or pair of shorts under P.E. uniform.
- Sweats (Grey or those purchased at A.S.B.) are acceptable to wear over P.E. uniform on cold weather days.
- No jewelry of any kind with the exception of stud earrings are to be worn in class for student safety.

Locks and Locker Assignments:

- Each student will be expected to purchase a combination lock at the ASB student store. Physical Education teacher will be able to use their master key to open a school lock in case of emergency rather than cutting it off.
- Do not share your combination with anyone.
- Do not share your lock or locker with anyone.
- Double-check & triple-check your lock to be sure it is securely locked each time you close it.
- Students who lose a lock should buy another lock at the ASB student store and give the new combination to the teacher. (Always check in the P.E. office first if your lock goes missing).

Parent and Medical Excuses:

A parent excuse is valid for a maximum of 3 consecutive days. If it is necessary to be excused from Physical Education for 4 consecutive days or longer, a medical excuse from the treating doctor must be obtained. **The parent or physician written excuse must be taken to the school health clerk/nurse and contain the following information:**

1. The date
2. The reason why he/she is being excused
3. The specific day(s) for the excuse
4. Parent's signature and phone number

***Student must bring signed health slip from clerk/nurse to his/her P.E. teacher.**

*Long-term medical excuses must be updated each year. Limitations must be clearly explained so students can be graded accordingly. Depending upon the limitation(s), students may be required to complete reports or projects so grades can be supplemented and maintained.

*Students with either type of excuse must continue to dress in the required P.E. uniform if the illness/injury allows it, but will not be participating in class.