

## **LOS ALAMITOS HIGH SCHOOL PHYSICAL EDUCATION DEPARTMENT GUIDE**

### **GOAL**

The goal of the Los Alamitos High School Physical Education program is to have all students dressed out and participating. My personal goals will be 1- develop basic elements of movements with increasing degrees of refinement, complexity, and variety, 2- Give the students the opportunity to develop an exercise plan for life long learning.

### **CURRICULUM GUIDELINES**

The Physical education program follows the same curriculum model as the rest of the school.

### **PROGRAM CHOICES**

Specific goals and objectives determine the selection of instructional units and learning experience.

### **CURRICULUM STANDARDS/REFINEMENTS OF SKILLS**

Students participate in learning activities in which the major focus is to develop skills for leisure and lifetime pursuits: Opportunities are provided to practice, combine skills into sequences and to execute them under a variety of constraints and goals. All team and individual activities are used to assist students in increasing their skills proficiency in a variety of contexts.

### **INJURIES, ACCIDENTS, AND BEHAVIOR**

All injuries, accidents, or aggressive behavior or harassment, regardless of how minor, must be reported to the instructor immediately. Please act in an appropriate, mature and safe manner at all times.

### **PHYSICAL EDUCATION UNIFORM POLICY**

1. Physical education uniform (Royal blue shorts or sweatpants, white t-shirt, sweatshirt school colors)
2. White socks
3. Athletic shoes
4. Students may not share uniforms or lockers
5. Uniforms are not to be altered or personalized
6. Loaner uniforms are available on an emergency basis.

## **GRADING POLICY**

A maximum of 10 points can be earned each day of the activity. A student dressed out in their physical education uniform, with shirt tucked in, and participation at an appropriate level meeting class standards will earn all 10 points. 30 Points will be deducted for non-suits, truancies or unexcused absences. Depending on the unit of study, performance-based assessment (physical or written) methods of evaluation will be used as part of the grading criteria. Students must pass 5 of the 6 areas of the California State testing in order to waive their last 2 years of PE. Students must complete the run card as part of their final. All PE classes will have a 100pt final.

## **GENERAL POLICIES**

1. Non-suits, truancies, and unexcused absences may not be made up.
2. A health excuse written from a parent within two days of the non-participation will allow the student an opportunity to make up for points missed.
3. If a student is absent for an extended period of time, a doctor's excuse is required in order to make up for points missed.
4. All students are expected to be dressed out, on time, and an active participant.
5. Food or drink may not be brought to class.
6. Students are expected to keep their locker and locker area clean and tidy.
7. No walkmans, CD players, IPODS or phones may be brought to class.

## **TRUANCY/TARDY POLICY**

Consistent with school policy

## **FACILITY REGULATIONS**

Students are not allowed in any P.E. facility, including but not limited to, the locker room, weight room, gymnasium, pool area, wrestling room, and dance room without staff supervision at any time.

## **MAKE-UP**

1. Select an article in a magazine, newspaper, or Internet relating to dance, health, fitness, sport, or nutrition.
2. Write or type neatly a one paragraph summary on why you thought the information was interesting.
3. Pick 5 vocabulary words from the articles and write the definitions.
4. Attach the article to the summary. 3 Articles make up one day.
5. Deadline for make-up work is one week after the absence.
6. Make-up work will not be accepted during finals.
7. A maximum of 30 points may be made up for each semester.

**Should you wish further information regarding the Department of Physical Education at any time, please do not hesitate to contact us.**

**Los Alamitos High School  
Physical Education Department  
(562)799-4780**

**Mr. Huber ext. 82619  
Mr. Nuez ext. 82259  
Mrs. Ramirez ext. 82256**

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**We have read, discussed, and understand the Physical Education Student Guide.**

**Student's name:** \_\_\_\_\_

**Student's signature:** \_\_\_\_\_

**Parent's signature:** \_\_\_\_\_

**Home Telephone Number** \_\_\_\_\_

**Work Telephone Number** \_\_\_\_\_

**Date** \_\_\_\_\_

**P.E Period** \_\_\_\_\_

