

Carlton Oaks Jr. High Physical Education, Policies and Grading 2018-19

Welcome to the Carlton Oaks PE program. PE is an important and - we hope -fun part of your child's day. The program focuses on *physical fitness, social development, and team sports*. The students perform daily exercises, run a weekly mile, play a variety of team sports, workout in the fitness lab, and prepare for the California Physical Fitness Test. Cooperation, responsibility, and sportsmanship are modeled, encouraged, and expected. Students will have the opportunity to become proficient in a variety of field and court games.

Grading will be based on the following percentages:

ACADEMIC:

70% Daily Participation: (10 points per day) This includes, but is not limited to:

- Present and on time for class
- Dressed out in PE uniform (shirt, shorts, appropriate shoes)
- Participation
- Cooperation
- Sportsmanship

30% Physical Fitness Participation: This includes, but is not limited to:

- Weekly mile run for time (The mile is graded based on the CA Dept. of Ed's Fitness Gram)

Trimester 1		Trimester 2 & 3	
Mile Time	Grade	Mile Time	Grade
Under 9:30	10/10	Under 9:00	10/10
9:31-10:30	9/10	9:01-10:00	9/10
10:31-11:30	8/10	10:01-11:00	8/10
11:31-12:30	7/10	11:01-12:00	7/10
12:31-13:30	6/10	12:01-13:00	6/10
13:31-15:30	5/10	13:01-15:30	5/10
15:31+	0/10	15:31+	0/10

EFFORT: Students' effort grade will be based on their effort in the above areas.

Extra Credit: Points are available for things such as daily lap, exercise leader, helping with equipment, washing loaners, wiping down fitness equipment, etc. For information, check with the PE teacher or the Jr. High website.

Carlton Oaks **PE** clothes are available for purchase at the school. If you wish to purchase PE clothes for your student independently, students must have a loose-fitting gray t-shirt, **plain (no graphics or logos)** and black athletic shorts. PE clothes must be clearly labeled with the student's last name, first initial. No other writing, artwork, symbols, etc. is allowed. Torn, cut, or altered attire must be repaired or replaced as soon as possible. Athletic shoes and socks are required for both safety and comfortable participation. Students are required to wear their PE clothes daily. In the event that the student doesn't have their required PE clothes, they may bring a t-shirt and athletic shorts to use temporarily to ensure their full daily points. Students who forget their PE clothes will lose a portion of their daily points for the day and will be required to wear a loaner PE shirt that the school provides. NO under garments are to be SEEN during PE. **Sweat pants and/or sweatshirts may be worn during cold weather.**

All students are assigned gym lockers and combination locks for the year. Lockers are NOT secure when left unlocked! Do NOT give your locker combination to anyone! LOCK YOUR LOCKER! The school is not responsible for lost or stolen items. Lost or stolen locks must be replaced.

Students must have a note from a parent or doctor to be excused from participating in PE class. By school district policy, any excuse for more than 3 days must come from a doctor. If students are absent or excused from PE on the day of the mile, the mile must be made up by pre-arranging a time with one of the PE teachers. Miles missed because of a **long-term** doctor's note are excused.

If students exceed five parent-excused days per trimester in PE, they will lose their daily points for every additional parent excused day. Procedures to make up points are available upon request.

For safety, **no glass or aerosol sprays** are allowed in the locker room. Stick-type deodorant is allowed and **encouraged**. No running, pushing, throwing, wrestling, or boisterous activity is allowed in the locker room. **All electronic devices should be kept in backpacks at all times in the locker room.**

Thank you,

Ms. Meaux, Ms. Janish & Mr. Towne, Carlton Oaks Junior High PE teachers

We have read and discussed the policies and grading system for PE at Carlton Oaks Jr. High.

Student Signature _____ Date: _____

Parent Signature _____ Date: _____