

Damonte Ranch High School



Physical Education Course Handbook And Syllabus

Grading is based on:

1. Participation
2. Effort
3. Following Instructions
4. Correct Dress Code for Activity

DRHS PE Philosophy- Health and wellness are vital elements for our youth to learn to have the skills to be active for a lifetime of physical fitness. The physical education program at Damonte Ranch will provide students with the skills and knowledge to participate in lifetime activities. We expect all students to work hard and show their best effort consistently every day. PE students will be expected to earn their grade and participate to the best of their ability as well as to push themselves to the next level. We are here to guide and support the students in their efforts to become lifetime fitness participants.

Course Titles and Goals

- **Team Sports**
- **Volleyball**
- **Basketball**
- **Soccer**
- **Beginning Dance**
- **Powerwalking**
- **Lifetime Fitness**
- **Weights/Athletic Conditioning**

Goals for all Courses:

- A) To have fun while learning physical skills and activities.
- B) To develop positive attitudes and habits for healthy living.
- C) To explore many different lifetime activities.
- D) To encourage cooperation, good sportsmanship, and emotional control.
- E) To develop leadership qualities.
- F) To develop skills for accurately following directions.
- G) To dress and groom appropriately for physical activity.
- H) To explore career opportunities in fields related to physical activity, such as professional athletics, physical education instruction, personal fitness training, as well as many other activity-based fields.

The student is provided with experience in psychomotor skills, movement understandings, and lifetime health-related fitness knowledge, skills, and values. The goals of these courses are accomplished through participation in movement experiences and application of movement principles found in team sports, individual/dual sports, fitness and wellness activities, rhythms/dance, and lifetime recreational activities. Rules, strategies, and safety are emphasized in relation to active participation and development of knowledgeable spectators.

Citizenship is an important part of physical education and will be part of the class grade as well as a letter indicating performance. Repeated loss of participation/ attitude/following directions points will result in disciplinary action by the instructor, which may include, but not limited to, phone calls for parent assistance, referral to administration, and/or a reduction in citizenship grade.

Uniforms

To participate in the day's activities every student is required to purchase a uniform from the Damonte Ranch High School Physical Education Department.

Uniform options are as follows:

Shirt-\$10

Shorts-\$10

Leggings-\$15

Sweats-\$15

Any uniform combination is acceptable for any PE class which means \$20 or \$25 depending on choice of uniform.

Using a permanent marker, students are required to write their last name and first initial in the name bar on their shirt and bottoms. No writing or alterations (cutting) of the uniform is allowed and will result in the student's need to purchase another uniform without alterations. Students will **only** be permitted to wear the DRHS PE Shirt and DRHS PE bottoms (shorts, sweats, leggings) Students will not be permitted to wear their own leggings, tights, spandex or shorts to class. Spirit pack items from DRHS athletic teams will not be acceptable in any P.E. class.

Athletic shoes that fit appropriately are required for all PE classes. Shoes that are improperly laced/tied and are not properly secured which can get "kicked off" when running, for example, will not be allowed. Vans, Converse or similar shoes are acceptable but definitely not recommended for P.E. classes. Combat boots, sandals, flip flops, slippers, Toms, dress flats, Crocs, Crocs in "sport mode" and **any other inappropriate** shoes will not be allowed and will not qualify as uniform apparel for that day.

Regular school clothes are not to be worn under PE uniforms, this includes jeans, tank tops, etc. Any clothing worn to school is not to be worn to class, this defeats the personal hygiene lesson that is being taught as part of an appropriate work out plan. Any of the above will constitute a non-suit.

Students must have their **complete uniform** to receive full points for the day. If you do not have your uniform for class, the PE Dept. provides opportunities for success by offering rentals or loaners to minimally impact your grade.

- **Rental Policy-** Rental uniforms are available on a first come, first served basis. Each item is 50¢-\$1 and a student ID must be left with the teacher for collateral. Rental transactions must be made as soon as possible at the beginning of class. Rental uniforms still give the students **full credit** for class.
- **Loaner Policy-** Students will be offered a loaner uniform when they cannot rent and/or do not have their uniform. Students will be allowed a Loaner Uniform for a maximum of **3 times** per semester and will earn 3 out of 5 points for daily credit. Loaners are not for daily use, but to provide an opportunity to access the curriculum when emergencies occur. This is the philosophy behind ½ credit and maximum times loaners will be allowed to occur.

Weather

The Reno area can have a variety of weather during any season and students will be expected to be prepared for a variety of weather. Students may be expected to go outside during cold and hot weather. As winter approaches, the regular P.E. uniform will still be required. Sweatshirts and/or jackets that will not restrict movement will be allowed for inclement weather. The DRHS PE shirt must be worn during all PE classes under the sweatshirt/jacket. Shorts do not need to be worn under sweats.

Hats: Hats are not allowed in any PE class while indoors in the gym areas. The gym area includes the hallway in front of the big gym, the big gym, the small gym, the hallways leading to the locker rooms, the weight room, the wrestling room, or the dance studio. Hats can be worn outside of the building during class unless it becomes a problem with the individual student. HOODS ARE NOT ALLOWED AT ANYTIME IN ANY OF THE GYM AREAS

Locker Room

All PE students will have personal P.E. lockers to be used during physical education classes only. A combination lock will be provided for each student at the beginning of the year. If you lose your lock, you will be charged \$5 to replace the lost lock and a new lock will be issued to you. For security reasons, only DRHS issued locks may be used on P.E. lockers. Any other locks found on lockers will be cut off. **DRHS will not be responsible for any lost or stolen items.**

It will be the **student's responsibility to secure his/her personal items** during the physical education class by putting all their belongings in a big locker and locking that big locker during the class period. Do not bring valuables, money, jewelry, or expensive technology to class and more importantly if you do, LOCK IT UP! **DRHS will not be responsible for any lost or stolen items.**

Students are not allowed to have Food, Drink or Gum in the Locker Room at any time.

Please finish food and drink before entering the locker room. Plain water is allowed at any time and be sure to write your name on your refillable water bottles, especially your Hydro Flasks.

Hygiene: Students should come to class prepared to cleanse themselves after somewhat strenuous activity. Students should bring the following personal items to class along with their uniforms:

Deodorant/antiperspirant

Small pump soap dispenser

feminine hygiene products

Wash cloth/ towel

Pen/pencil & paper (for notes/tests)

ABSOLUTELY NO GLASS CONTAINERS

All glass will be confiscated.

Grading

Grades will be based on the percentage of the total number of points maintained by a student as compared to the total number available for the entire quarter. The scale is as follows:

A = 90 – 100%

B = 80 – 89%

F= 59% - below

C = 70 – 79 %

D = 60 – 69%

*****Each class period is worth a total of 5 points*****

Each instructor will go over the grading system and the specific class variations that could include assessments and/or assignments in each class. Grades will be assessed on the following areas:

Non-suit and participation=1 point

Non-suit and non-participation =0 point

Dressed and non-participation=0 point

Point deduction can occur with teacher's discretion from rule violations, being disrespectful, not following directions, and other negative or problematic behavior.

Non-suit Make-ups: Non-suit make-up options are available and a maximum of 3 non-suit make ups will be allowed. Non-suit make-ups are different than absence make-ups. Non-suit make-ups can only be made up by completing 2 absence make-ups and/or by doing a 4 page research report.

A written test and physical test will be the **final exam** for each specific PE class. The final exam counts as 15% of the semester grade.

Cell Phones are allowed/not allowed by each teacher and in each class. Phones use can be utilized for **class curricular purposes only**. Students who do not follow directions regarding possession and use of their cell phones can have their phone taken away and/or turned into the corral for disciplinary action.

Participation

- **Students in attendance will be required to dress out in every class period.** A parent note can excuse a student from participation at the teacher's discretion; ***As a result, the student will lose their 5 points for the day and will then be allowed to make up the time as if they were absent.*** A parent note DOES NOT and CANNOT excuse a student from dressing out. ANY time a student does not dress out, even with a parent note, it will be counted as a non-suit. Parent notes are acceptable for 1 class period. If the limitation is to last for longer than 3 class periods a doctor's note will be required.
- **Medical Notes-** if a student is not allowed to participate in class, as required by a doctor, the student will write a one-page report or take notes for each day they will be not participating. For example, in class the note is for 3 days, they will turn in a 3-page report at the end of the 3 days. If the note allows for limited activity, the student will dress-out as able and participate in allowed activities and still earn their daily points. If the restriction is very lengthy and the student can be moved to another class in the building, the teacher will request the student be moved and the student can take PE when physically able. PE is a participation-based class, therefore, sitting out for weeks/months on end is not effective. If the restriction is short in length, when getting a doctor's note, please ask the physician to be specific, i.e. what type of activity, if any, how long they will be out, will there be follow up, etc. If the note does not specify a return date, a doctor release note will be required for the student to return to activity. We are not doctors and cannot release your student back to activity.
- If an accident or injury occurs during a P.E. class, students are required to notify the teacher immediately. The teacher will then notify the nurse if assistance or documentation is needed.

Facility Use

Food, Drink or Gum is never allowed anywhere in the PE facilities. Students will be asked to dispose of all items as they enter the facilities. Students who habitually chew gum or have food/drinks will lose citizenship points, loss of academic points for failure to follow instructions as well as have parents called. After that they will be referred to student services for insubordination.

Students will respect all equipment and facilities at all times. We are fortunate to be in a beautiful school and we would like to keep it that way by respecting and taking pride in our facility.

Attendance Policy AND Absence Make-ups (new)

Students must attend all classes according to the requirements of the Washoe County School District. Students are required and expected to be on time and prepared for class. Students who are tardy or not prepared for class in time for the beginning of physical activity will be subject to a loss of points for the day.

ALL ABSENCES, excused or unexcused, must be made-up. Excused: (dr. appt, dentist appt, ill, out of town, etc.) Unexcused: (office not notified and will show as UNV on Infinite Campus) A student not in class will result in a zero for the day. In order to earn back the daily points, students must do a PE make-up assignment for the time missed.

Absence make-up/PE make-up will need to be completed on the student's own time. Students will need to use an app (ex: Pacer or another approved fitness app) to digitally record their activity. Students must complete a 2-mile walk or run and be able to show their teacher the date, route and distance completed. 2 miles=1 absence, 4 miles=2 absences, etc. The PE department agreed that this type of activity can benefit all students in our program regardless of which PE class they are enrolled in. Students have three weeks to complete absence make-ups.

Tardies can result in a citizenship grade deduction. Students are considered tardy if they are not in their roll call line once attendance is being taken. Students are then given 5 minutes to dress and get into their roll call line for attendance. PE teachers will adhere to the DRHS tardy policy per the student handbook for students who are habitually tardy including being sent to the corral.

- Students who arrive to class with a pass (excused tardy) after the locker rooms have been locked, will be permitted to dress at the teacher's discretion. If the teacher chooses not to let the student into the locker room to dress unsupervised and the student is not safely dressed for activity, the student must sit out for the class period, take a 0 for the day and they will be permitted to make up the time/points. If dressed safely, the student may participate at the teacher's discretion and avoid completing a make-up assignment. Students who arrive to class after the dress-out time **WITHOUT** a pass (unexcused tardy) will be given an automatic non-suit because the student will **NOT** be permitted into the locker room unsupervised to change.

Communication is key to success in any PE class. This means communication between students and teachers, students and parents and parents and teachers. We encourage parents and students to communicate with teachers regarding a student's progress not just when there is a problem or concern. We want parents and students to be partners with your teacher in creating an environment for success. The PE department's goal is for you to succeed and learn to be a lifelong learner and participant in physical activity.

DRHS Physical Education Student Signature Form

Please read the following information, sign the acknowledgement, and return it to the course instructor. The following is to be signed by all students and communicated to parents via their student.

Acknowledgement of DRHS PE Philosophy: Student and parent/guardian are aware of the PE philosophy stated in the handbook regarding high levels of participation and work ethic in all classes and that grades will be earned not “given” with the intent to teach students skills for lifetime activity.

Student agreement to participate in course:

I have read the course handbook for *PE courses* at DRHS, and I agree to follow the course rules and expectations contained within it. I understand that dressing out, following instructions, participating in the activities with a good attitude and giving effort towards improving my physical fitness. I understand that I am responsible for making sure that I complete make-up work when absent (excused or unexcused) or when excused from participation. Per WCSD policy, I have three weeks to make-up my points if I am absent. I understand that the PE department’s philosophy is that 100% of the students access the curriculum 100% of the time and non-suits and lack of participation/effort will not be tolerated. I am familiar with the loaner and rental policy and the required workouts in my street clothes if I arrive not dressed in my PE uniform. I am aware of the grading policy. I am also aware that if I arrive to class with an unexcused tardy my teacher will not let me in the locker room unsupervised to change and I will therefore receive a non-suit for the day.

By signing below, I am acknowledging that I am familiar with the information above.

Student’s printed name: _____ Class Period: _____

Student’s signature: _____ Teacher: _____

Physical limitations (if any) _____