

Name:

Grade:

*Granite Oaks Middle School*  
*Physical Education*  
*Handbook*

*For the student & parent / guardian*



**Movement is Knowledge**

Physical Education Staff:

*Mr. Ryan (Athletic Director)*

*Mr. Wall*

*Mr. Barnette*

*Mrs. Manibusan*

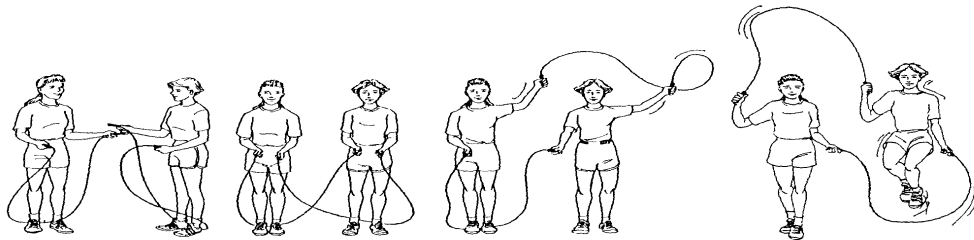
*Mrs. Gonzalez*

*Welcome* to Physical Education at Granite Oaks Middle School!

We look forward to the year ahead and have tremendous expectations for each student. The physical education staff is committed to finding ways of making learning challenging and relevant.

This handbook is your passport to success in Physical Education. Please read it. Keep it permanently and if ever in doubt, refer to it.

The Physical Education staff at Granite Oaks is committed to meeting the needs of all our students. We believe the concept of lifelong learning is as relevant to physical education as it is to other areas of instruction.



## VISION

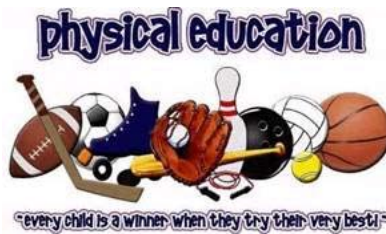
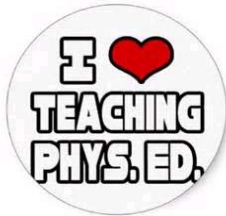
In pursuit of lifelong health and fitness, the Physical Education curriculum and instruction at Granite Oaks will enhance the quality and productivity of the individual's life through participation in a comprehensive, sequentially planned Physical Education experience that promotes, through movement, the physical, mental, emotional, and social well-being of every student.

The healthy, physically active child is more likely to be academically motivated, alert, and successful.

*~Physical Education Framework for California Schools*

## GUIDELINES FOR SUCCESS

1. Dress **EVERY DAY!**
2. Make sure locks and lockers are secure. **YOU** are responsible for your belongings.
3. Take care of all restroom needs **before** coming to class.
4. Follow directions of **ALL** Physical Education teachers the **FIRST** time!
5. Participate to the best of your ability.
6. Complete all class responsibilities and required work.
7. Use appropriate language at all times.
8. No “play” fighting, chasing, “goofing” around during roll call/dress time.
9. Treat other people with care and respect.
10. Report all injuries to the instructor immediately.
11. Be responsible for all medical excuses. A parent/medical note should be written and given to the PE teacher in roll call.
12. No gum, food, or drinks are allowed in physical education **EVER.**



**GRADING:** It is not “the grade you gave me.” It is “the grade I earned.”

In keeping with the California Education Code, we require daily participation of all students in physical education activities. During the school year, teachers will assess each student to determine proficiency in the following areas:

35%	35%	10%	20%
<b><u>Movement Skills</u></b>	<b><u>Social Skills</u></b>	<b><u>Cognitive Skills</u></b>	<b><u>Endurance</u></b>
Daily Participation	Interaction Skills	PE Binders	Endurance Runs
Units	Preparedness	Written Tests	Relays
Fitness Activities	Problem solving	Projects	Circuits
Warm-ups	Cooperation	Written Assignments	“Timed” Endurance
Effort	Choices	Goal Setting	Activities
Improvement	Language	Study Guides	Intervals
	Respect	Evaluations-Routines	Miles
	Responsibility	Running Logs	
	Citizenship	Teacher Assessments	
	Sportsmanship	Fitness Assessments	
	Following rules		

## Clothing Policy

- ✓ All students are required to dress daily for physical education.
- ✓ Appropriate clothing for physical education includes the following:
  - Athletic shoes and socks (non-athletic shoes will result in point reduction for the day).
  - Granite Oaks Physical Education shorts and T-shirt.
    - **Purchased through the PE Department for \$25/set or \$13/individually.**

## OR

- **Clothing NOT purchased at Granite Oaks must meet the following guidelines:**
  - PLAIN SOLID **BLACK** ATHLETIC SHORTS
  - PLAIN SOLID **GREY** T-SHIRT (CREW NECK)
  - SOLID **BLACK** YOGA PANTS/RUNNING LEGGINGS ARE PERMITTED IN PLACE OF BLACK ATHLETIC SHORTS.
  - SWEATPANTS OR SWEATSHIRTS (ANY COLOR) ARE RECOMMENDED FOR INCLEMENT WEATHER.
  - NO JACKETS ALLOWED!

### Additional clothing rules:

- ✓ School clothes must not **NOT** be worn under your physical education clothes.
- ✓ Physical education clothes must **NOT** be worn to other classes.
- ✓ No jackets, coats, sweaters, non-prescription glasses (sun glasses), beanies/hats or excessive jewelry are allowed in PE. A hat used to provide shade/sun exposure is allowed with approval from a PE teacher.
- ✓ All PE uniforms must be marked with student's **Last Name, First Initial in Black Permanent Marker.**

### Loaners:

It is the students' responsibility to dress daily for physical education. If a student forgets their PE clothes, they must borrow a clean **LOANER** T-shirt and/or shorts from the PE department. Students who use loaners multiple times during the **Quarter** will receive the following consequences (loaners reset each Quarter):

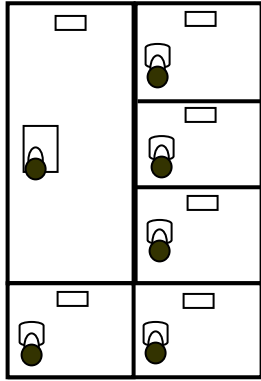
1st Loaner = A Warning

2<sup>nd</sup> – 4<sup>th</sup> Loaner = Point Reduction

5th Loaner = Behavior Slip/Phone Call or Email Home

6th Loaner = Referral

**Students are expected to take their P.E. clothes home every Friday, and bring them back clean on Monday!**



## Locks & Lockers

- Locks will be provided by the school (A \$6 fee will be assessed if the lock is lost or broken).
- Students will be issued a small locker to store their PE clothes, shoes and toiletries.
- The “long” lockers are for use during students assigned PE period only. Items left in the “long” lockers will be removed.
- Lockers are not to be shared. **KEEP YOUR COMBINATION A SECRET!**
- No sharing or borrowing uniforms is allowed.
- Students are responsible for their own belongings. Keep your belongings locked at all times.
- The PE Department is not responsible for lost or stolen items.
- When storing jewelry, place in a sealed container to avoid losing it through the cracks. No jewelry should be worn during class.
- No stickers or markings of any kind are permitted in/on the lockers.



## Parent and Medical Notes



Parent notes and doctor's notes **do not excuse students from dressing for physical education (exceptions apply)**. The notes excuse students from participating in any activities that might further aggravate an injury or ailment unless stated otherwise. Students should present the note to their teacher prior to the start of class.

### Parent notes:

Parent notes excuse a student from activity for up to **3** consecutive days (RUSD Policy). The student will be given alternate assignments to do during class and the activities must be made up when the student is healthy/able. The note must include the parent signature, date and telephone # where the parent can be reached.

### Doctor notes:

Doctor's notes are required for any injury or ailment that will require the student to miss more than **3** consecutive days of participation in physical education. The student will be given alternate/modified assignments to do during class. Specific activities/assignments may require make-up when the student is healthy/able.

Doctor's notes may also be faxed: (916) 315-9885

Students with prolonged medical conditions may be assigned alternative placement until able to return to PE.

### **Inhalers:**

Students who require the use of an inhaler need to have a doctor's note authorizing the use of an inhaler. The doctor's note must be updated yearly and be on file with the school nurse.



## **Absence/Make-up Work**

In order to receive a grade for daily activities in Physical Education, attendance is crucial. The PE Department offers make-up assignments for absences. In order to earn points for absences, a student may complete one of the make-up assignments. The assignments are located in the locker rooms or on the Granite Oaks PE webpage. Make-up work may be turned in anytime over the course of the grading period.

## **Water Policy**

Students are permitted to use the drinking fountains during the 7 minute dress down time before and after class; as well as during passing periods. Once roll call has begun, we do not permit access to the drinking fountains during class time (with the exception of emergency situation and endurance days).

We do permit students to carry a personal water bottle during PE class with the following provisions:

- The student's name (first and last) must be clearly written on the bottle in PERMANENT MARKER.
- For health reasons, we do not want students sharing water bottles.



## **Air Quality/Heat Policy**

When temperatures reach 95 degrees, and /or the air quality is rated as "unhealthy for sensitive groups," Physical Education classes will be modified.

When temperatures reach 100 degrees, and/or the air quality is rated as “unhealthy,” Physical Education classes will be held indoors.

