

# Granite Oaks Middle School

## Physical Education Department



### Philosophy

The importance of incorporating physical fitness is crucial to growing up and not only developing, but also maintaining healthy behaviors and active lifestyles. The Granite Oaks PE Department hopes that our physical education program will enable ALL students to gain an appreciation for the importance of health and wellness through daily exercise and activity.

Our goal is to give students the opportunity to gain the knowledge and skills needed to adopt active lifestyles and gain growth in all areas of wellness:

- Physical
- Social
- Emotional
- Intellectual

Emphasis is placed on fitness for life and basic fundamentals of motor skills in both individual and team sports.

### Uniforms & Dressing Policy

All students are required to wear a uniform for physical education. Regulation gym clothes are as follows:

- Black “Granite Oaks” PE athletic shorts (offered for sale by the PE Department)
- Gray “Granite Oaks” PE tee shirt (offered for sale by the PE Department)

OR

- Black Athletic shorts (plain-no stripes/logos). Minimum length is mid-thigh
- Gray tee shirt (plain-no print/logos)



All PE uniforms must be marked with student’s LAST NAME followed by their FIRST INITIAL. Please use a BLACK PERMANENT MARKER.

Granite Oaks Physical Education uniforms will be available for sale. The cost is:

- \$25/set (one shirt & one short)

OR

- \$13 per short/shirt when sold separately

#### Additionally:

- A pair of Athletic Shoes (laced) is required. We also require socks to be worn.
- Sweatshirts/sweatpants (any color) are recommended for inclement weather.



### Locker Room Procedures

All students will be assigned a PE locker.

Locks and lockers will be provided by the school.

Students are responsible for their own belongings. Keep your belongings locked at all times.

Students are not allowed to share lockers.

**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 sharing or borrowing uniforms is allowed.

“Loaner” uniforms may be checked out in the PE office.

A \$6.00 fee will be assessed if a lock is lost or broken.

## Daily Participation 70%

Students are required to suit up and participate in classroom activities each day.

Students start with 10 points daily (50 points weekly).

Examples of how a student might lose daily participation points include:

\*Loaners

\*Non-Participation/Effort

\*Unsportsmanlike Conduct

\*Defiance (not following expectations)

## Cognitive 10%

We, as a PE department, feel that knowledge of rules, strategies, and concepts is just as important as the ability to participate in PE activities. Therefore, written assessments, tests, goal setting, amongst other in class assignments are part of our PE Curriculum.

## Endurance 20 %

Aerobic activities are a key component to any physical education/fitness program. The Granite Oaks PE Department is committed to the value of regular physical exercise as part of developing a healthy lifestyle and habits.

Each student will provide an endurance "goal" that is specific to their own ability and skill level. This "goal" will be created in collaboration with each student privately.

## Medical Excuses

All students are required to bring a parent note for any medical excuse which limits the ability of the student to participate in daily PE activities.

Parent notes:

- May excuse a student for a MAXIMUM of three (3) days
- Must be signed, dated, and specify duration of excuse (max. 3 days)

### After 3 days

- A doctor's note is required
- Doctor's notes must be filed with the school nurse
- Doctor's notes may be faxed:  
Fax # (916) 315-9885



## Absences/Make-up Work

In order to receive a grade for daily participation in Physical Education, attendance is crucial. The PE Department offers make-up work for absences. In order to earn points for an absence, a student may complete a workout log at home and submit it to their teacher for credit.

The workout logs are located in the locker rooms and on Schoology.

## 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 water fountains during class time (with exception of emergency situations).

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.