Dear Parents/Guardians,

Your child is enrolled in a Physical Education Class at San Ramon Valley High School. Attached you will find a copy of our department philosophy, policies, course description, grading policies and contact information for your instructors. Please take time to read this material carefully. It is our goal to make your child’s Physical Education experience a positive one. Please feel free to contact us if you have any questions or concerns.

After reviewing this material, please sign and have your student return the bottom portion during the next class period.

Sincerely,
The Physical Education Staff
San Ramon Valley High School

This signed copy of these guidelines will be on record with your student’s teacher. Your signature indicates that you understand the Physical Education Policy and that this syllabus is located online at your son/daughter’s School Loop website under Physical Education Class. Students must sign and return this ONE PAGE to their instructor. This is your student’s first Physical Education assignment.

Student’s Name (Please Print): __________________________________________

Instructor Name / Class Period: ________________________ / ______

Student Signature:____________________________________

Parent/Guardian (Printed Name)/Signature:(___________________)/__________________

Home Phone #: __________________________________________

Parent/Guardian email address and/or cell #: ______________________________

The school provides an education that fosters the intellectual, physical, and social development of each student. Our strong tradition of excellence stems from a dedicated staff,
Physical Education Department - Objectives, Rules and Expectations

Standards to be mastered:

- Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activities.

Areas to be addressed, but not limited to:

- Self-responsibility – getting to class on time, dressed and ready to participate, follow through on written assignments and tests
- Social Interaction – respecting individual differences such as age, gender, ethnicity, culture, socioeconomic status, and athletic ability
- Group Dynamics – developing leadership skills, assuming spontaneous leadership roles, encouraging others to be supportive and inclusive of all individuals and all ability levels

Grading Policy:

- All students will be evaluated on a standard grading policy. Grading Scale is as follows:
  ■ Classwork = 50%
  ■ Final = 10%
  ■ Fitness/Cardio Day = 10%
  ■ Assessments/Class projects = 10%
  ■ SC/Class Cut = 20% (Accountability and Responsibility)

Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90 - 100</td>
</tr>
<tr>
<td>B</td>
<td>80 - 89.9</td>
</tr>
<tr>
<td>C</td>
<td>70 - 79.9</td>
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<tr>
<td>D</td>
<td>60 - 69.9</td>
</tr>
<tr>
<td>F</td>
<td>59 - 0</td>
</tr>
</tbody>
</table>

Daily Classwork:

Students will be graded on the following criteria:
● Dressed in physical education uniform with the proper shoes
● Participation with the maximum effort and to the best of one’s abilities
● Positive interaction with physical education staff and peers
● Being on time to class and ready to participate
● Acceptable behavior per the SRVHS Student Handbook
● Sportsmanship

Dress Cuts:

Students are expected to be dressed in their physical education uniform every day, even if they have a note excusing them for the day. **Dress cuts can drastically affect a student’s grade and can result in complete loss of credit.** Communicate with your instructor prior to class if dressing poses a problem. Otherwise, dress cut penalties will apply. Loaner clothes are always available, but it is the student responsibility to get them before class begins.

Lockers:

● Students will be issued a school lock and locker at the beginning of the school year. The locks will be returned at the end of the school year or a $10 fee will be collected for missing or damaged locks.
● Other than sports’ lockers, students cannot share lockers or lock combinations with anyone. Combinations will not be given out to anyone other than individual students. (If your clothes are in a friend’s locker, teachers will not give out his/her combination or open another student’s locker without permission)
● The Physical Education Department and/or SRVHS is not responsible for lost or stolen items. **Please lock all items securely in assigned locker.**

Locker Rooms:

● Students will be allowed 5 minutes after the tardy bell to change and vacate the locker room, at which time the locker room will be locked.
● Items left in locker room will not be able to be retrieved until passing periods.
● Students will respect the property of the San Ramon Valley High School, staff and all other students.
● Student’s electronic devices should be locked in locker at all times unless otherwise instructed by their teacher.
● **Class cuts can be given if students leave designated areas before the bell rings.**

Physical Education Uniform:
Students are required to dress daily in a SRVHS Physical Education t-shirt and shorts. Uniforms can be purchased at registration or from the school bookkeeper, Ms. Bellemy. Receipts can be exchanged for uniform in PE Office. Shirts and shorts are sold individually for $15, or sold as a set for $25. Cash or check made payable to SRVHS will be accepted.

- Proper footwear is required. Wear supportive ATHLETIC shoes to class.
- Sweat are permitted on cold days. P.E. uniform must be under your sweats. **Sweats worn over street clothes WILL be considered a dress cut.**
- **Without teacher permission, NO CELL PHONES, earbuds or other electronic devices may be brought to class. All school rules apply.**
- Jewelry and valuables should be locked in the locker room or encouraged not to be brought to school.
- Hats may be worn for sun protection if worn properly (bill facing forward).

**School Property and Equipment:**
- Students are not allowed to use equipment unless an instructor is present and has given permission. All equipment already set up or out should be left alone until the instructor has otherwise instructed.
- Damage to school property by students may result in the removal from class and restitution.

**Absences:**
- **Any student who is absent will lose all classwork points for the day.** Students will be able to make up any missed points except for class cuts. PE make-ups will be administered by an instructor during Access. No Access Pass is needed, your uniform is your Access Pass.

**Medical Notes and Excuses:**
- Students must dress in their PE Uniform daily – if they have a note from a parent/guardian modifying their activity for the day, they will still be required to dress.
- Curriculum can/will be modified for students with illness or injury, but the expectation is they will be dressed and ready to participate.
- **A Medical Note is required if a student will be out for more than 5 days** – even if the injury is obvious a medical note is required. If a student has a multiple week injury, a written assignment may be given. If a student will be out for more than 6 weeks, they may be dropped from the class.

**Teacher Contact:**
Ms. Julie Arotzarena jarotzarena@srvusd.net
Mr. Aaron Becker abecker@srvusd.net
Mr. Greg Ochs gochs@srvusd.net
Mrs. Sami Libby slibby@srvusd.net
Mrs. Shannon Neach sneach@srvusd.net
Ms. Stephanie Schafer sschafer@srvusd.net