

Liberty High School

Home of the Hawks

Physical Education Handbook

-Our Philosophy-

Our philosophy, for physical education at Liberty High School is the belief that P.E. should strike a balance between Physical (Activity) and Education (Knowledge). We also believe that every child can succeed in Physical Education if the proper desire and effort are present.

-Our Goals-

Our long term goal for our Physical Education program at Liberty High School is to have every child become "Fit for Life", developing lifelong habits of fitness which include physical activity, nutrition/diet, and game knowledge, preparing them for their future. Further, it is our short-term goal to have all our students achieve the State mean percentile, or higher, on the California Physical and Health Related Fitness Test given in the spring.

-Our Objectives

1.

To have each student understand the importance of personal fitness including cardiovascular health, stress management, and nutrition, as well as become aware of techniques and programs for maintaining fitness in their adult life ("Fit for Life").

2.

Knowledge of, and their basic skills in these activities. This is done with the hope that it will lead to a more active and personally fulfilling use of their leisure time, now and in their future.

3.

To have students set realistic personal fitness goals, develop a personal plan to reach their goals, and document their progress towards attaining these goals. This will be accomplished through a variety of fitness activities.

-Activities-

The following is a partial list of activities offered by the Liberty P.E. Department. Along with participation in the physical activity, students will be required to learn the rules for each game, and/or the safety requirements for each activity.

1.

Physical Fitness

9. Flag Football

2.

Basketball

10. Team Handball

3.

Volleyball

11. Mushball

4.

Soccer

12. Dance

5.

Tennis

13. Golf

6.

Softball

14. Frisbee Games

7.

Track and Field

15. Pickle Ball

8.

Badminton

16. Weight Training

-Locker Room/Gym Rules

1. "Safety First," if it is unsafe, it is against the rules.

2. No "horse play," "rough housing," or "fake fighting."

3. No towel snapping, or running in locker room.

4. No backpacks or other personal belongings left unsecured in the locker room.

5. Students may not have food or candy in the locker room or during PE class.

6. Students are NEVER allowed in the locker room or gymnasium without supervision.

7.

Students are not allowed in the locker room or gym before school, during break, or during lunch period even if an

Instructor is present, unless that instructor has given specific permission to the student.

8. Students must wait in the designated area until the "Passing Bell" dismisses them

9. Students are not to wear other students PE clothes.

Infractions of any of these rules will result in Loss of Grade Points, Detentions, Office Referrals, or a combination of these.

-Locker Procedure

1.

Each student will be assigned a locker. It is the student's responsibility to supply their own combination lock to be used throughout the entire school year.

2.

Students should keep their combination secret. The security of their personal belongings depends on it.

3.

Students should not preset their locks.

4.

The big locker is to keep your street clothes and personal belongings in during your PE class only. If you leave your lock on the big locker beyond your PE period, the lock and the contents of the locker will be removed.

5.

If your backpack does not fit in the locker take it to class with you. Do not leave it unattended in the locker room.

6.

If your lock is missing

- a.
Get the serial number from the instructor
 - b.
Check the lost lock box
 - c.
Check the area around your locker
- Grades-

Although our goal is to have our students become "Fit for Life," in a school setting, progress towards this goal is still measured in grades. Physical Education grades will be a part of every student's GPA, and will count towards graduation.

Physical Education Grades will be based on a combination of Daily Participation, Skills and Knowledge, and Physical Fitness performance.

Daily Participation grade is determined by the following:

- 1.
On time for Roll Call.
- 2.
Dressed in a complete and proper uniform.
- 3.
Active participation in exercise and activities.
- 4.
Positive attitude towards classmates and instructor (good sportsmanship, supportive of teammates, helpfulness, hustle, etc.

)
*Student's Daily Participation grade will be reduced by the following infractions.

- 1.
Non-Dress
-10
 - 2. Incomplete Uniform
-5
 - 3. Non-Participation
-5
 - 4. Unexcused Tardy
-2
 - 5. Truancy (cutting class)
-10
 - 6. Negative Behavior/
-1 to -5
 - 7. Use of Loaners (Beyond 3)
-3
- Skill and Knowledge

As students are introduced to each activity they will be taught the rules, the strategy and the basic skills needed to participate successfully in the game. Students will then be tested on these elements and scored accordingly.

Physical Fitness Testing

Students will be assessed on their ability to meet state standards in various physical activities. Students will be expected to achieve successful levels of fitness, or show satisfactory progress towards attaining these goals.

-Plus and Minus Points-

Every student is expected to hustle, have a positive attitude, and display good sportsmanship at all times; however, there are times when students surpass what is expected of them, and on these occasions the instructor may reward them with plus points. Minus points may be made up by extra credit assignments as per each instructor.

-Tardies

1st Offense Teacher Confers with Student -2 points
2nd Offense Teacher Confers with Student -2 points
3rd Offense Detention/School Beautification -2 points
4th Offense Office Referral -2 points

-Dress Requirements-

Standard: You are required to dress out for PE each and every day (even if you have a medical excuse to not participate.) The required uniform is a Liberty High School T-shirt and shorts, with athletic shoes and socks. There are No Exceptions to this rule. All uniforms must be marked (with indelible ink) as directed by the PE instructor.

Sweat Suits: On unusually cold days, it will be acceptable for students to cover (wear over) the required uniform with a sweat suit. It is recommended that the sweat suit be in Liberty colors or in gray. Students are not allowed to wear their school clothes under their P.E. uniforms.

Loaners: Uniform "Loaners" will be available in the event a student forgets his/hers (taken home to be laundered) or loses his/hers (lost uniforms must be replaced immediately.) "Loaners" may only be used 3 times per quarter. The use of "loaners" will prevent student from losing 10 points for Non-Dressing,

-Non-Dress-

Students and parents need to be aware that Non-Dresses are by far the #1 cause for failing PE. There are no excused reasons for non-dressing.

YOU MUST DRESS OUT!

For each Non-Dress the students will lose 10 points for the Non-Dress

1st Offense: -10 points, teacher confers with student

2nd Offense: -10 points, phone call home, detention

3rd Offense: -10 points, office referral

A 4th Non-Dress in a quarter almost guarantees a Failing Grade

****Students need to take their P.E. clothes home and wash them on a regular basis.

"If bread is the first necessity of life, recreation is a close second"

-Edward Bellamy, 1888

"We are under-exercised as a nation. We look instead of play. We ride instead of walk. Our existence deprives us of the minimum of physical activity essential for healthy living." -John F. Kennedy, December 5, 1961

-Injuries and Medical Excuses-

If you get injured or become ill during PE class report it immediately to your instructor. Your instructor will determine if the school nurse should be seen. Students may not go to the nurse's office without a pass issued by their instructor.

1.

Parents may write a note excusing students from participating for a day. The note must be dated, indicate the reason for the excuse, and be signed by the parent (instructor may call to verify signature.)

2.

Parents may excuse a total of three (3) days per quarter.

3.

An excused Non-Participation note does not allow a Non-Dress, the student must still Dress-Out.

4.

Injuries or illnesses requiring Non-Participation, in excess of three (3) days, may be verified by the school nurse for an additional two (2) days, but arrangements should be made to see a doctor if more time is required.

5.

A doctor's note must be presented to the instructor for any Non-Participation excuse longer than five (5) days.

6.

In the event of a long term injury or illness special arrangements will be made with the student so they don't lose graduation credit as a result from missing PE.

-Instructors-

The Physical Education department consists of two physical education instructors. If you have questions concerning the

Physical Education Handbook please call one of the instructors below at 645-3500.

Coach Mike Mazzoni---Ext. 1012

Coach Leslie Wood---Ext. 1021

Cut and return the signatures below to your P.E. instructor

Dear Parent,

Please sign this slip acknowledging that you have seen and read this Handbook. Your child is to return it to their PE instructor to receive plus grade points; students failing to return them in a timely manner will lose grade points.
Please keep this Handbook so that you can use it for future reference.

Print Student's Name

Student Signature

Parent Signature

Thank you,

PE Instructors

PE Period Class #

Date

Date