

# **Physical Education Department Orientation (Student/Parent Guide) Valencia High School**

This is a guide designed to familiarize you with Valencia High School's Physical Education Program. The Physical Education instructors are available to help guide and assist your learning experience at Valencia High School. Please do not hesitate to ask any of the instructors for assistance.

## **PHYSICAL EDUCATION PHILOSOPHY**

The Physical Education Department of Valencia High School makes every effort to improve the individual fitness level of each student. It is our belief that the mind and body are interdependent; the body must be fit if the mind is going to function at its maximum potential. We believe that good fitness habits, started at a young age, have a better chance of carrying over into adulthood, improving overall health and quality of life.

## **GRADING POLICY**

### **DRESS AND PARTICIPATION ( 60% of the grade )**

Students may earn up to 10 points everyday they are in class, dressed, and actively participating. Attitude and effort exhibited toward activity, fellow students, and staff will impact this portion of your grade.

### **FITNESS (30% of the grade)**

Consisting of fitness test scores, weekly runs, and skills test.

### **WRITTEN (10% of the grade)**

Textbook assignments, homework, written quizzes and essay writing. Written work will include questions concerning rules, fundamentals, techniques, and strategies of course activities, and information concerning physical fitness, physiology, and anatomy.

### **MAKE-UP WORK ( Must have teacher permission )**

Missing assignments may be made up ONLY with prior permission from your specific teacher. If make-up work is approved it will be up to that teacher what you will do. Some written assignments may be found on the PE home page.

## **DRESSING POLICY**

1. A Valencia Physical Education uniform, consisting of a shirt and shorts, is to be purchased at the ASB office before the semester begins.
2. White socks and tennis shoes MUST be worn during class. No slippers or boots.
3. Black or Gray sweats may be worn for extra protection from the elements.
4. Watches, rings, and jewelry should not be worn during class time.
5. Uniforms should be taken home and washed at the end of the week.
6. Make sure your name is written clearly in your uniform for identification.

## **NON-DRESSING POLICY**

You MUST be dressed for class! It is the student's responsibility to check with their teacher before class begins if they feel there is any question with what they are wearing to class. Each non-dress will result in a loss of 50 points from their participation grade.

## **VALENCIA HIGH SCHOOL TARDY POLICY**

At the sound of the tardy bell the locker room doors will be locked, no students will be allowed to enter the locker room until class is over. Any students arriving late MUST report to the Tardy Management Team area in the main office. Student will get a print out to return to class and be given a NON-DRESS in his or her Physical Education class. So please be prompt!

## **SECOND ROLL CALL POLICY**

If a student misses a second roll call they will be marked absent for that day. Students must stay in front of the PE offices until the dismissal bell rings. Second roll call will be taken randomly throughout the semester.

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## VALENCIA ATTENDENCE POLICY

When a student is absent 15 days from class in one semester, they are subject to a failing grade for that class.

## LOCKER ROOM

### Information:

1. All locks MUST be combination locks purchased from the ASB office.
2. Double-check and make sure your lock is securely fastened before leaving the locker room.
3. Do not share your locker.
4. Do not give your combination to anyone.
5. Key locks will not be accepted and will be removed by P.E Teachers.

### Rules:

1. Be inside the locker room before the tardy bell rings.
2. Use bathroom while in the locker room, no bathroom passes will be given during class.
3. All items must be placed in the PE locker. The PE office will not be used as storage.
4. No food or drinks in the locker room.
5. NO horseplay or throwing of anything in the locker room.
6. Leave the property of others alone.
7. Leave the locker room as soon as you are dressed.

### End of school year policy:

All lockers must be empty by the last regular school day of the year. If your lock is left on it will be cut off and its contents will be thrown away.

## EXCUSES FROM PARTICPATION POLICY

### Parent Excuses:

If it is necessary for a student to be excused from physical education activity for one to three days because of illness or injury, a note from home should be given to the school nurse BEFORE school. The nurse in return will give the student an excuse form to give the instructor for their records.

Students are still required to dress for physical education unless their injuries prevent them from dressing within the given amount of time. Any assignments missed will need to be made up. Check with your specific instructor.

### Medical Excuses:

A student being excused for more than three days will need a note signed by a doctor, which should be cleared through the health office as mentioned above. Students excused for periods longer than one week will be required to complete a written assignment relevant to the material missed in class.

### Long Term Medical Excuses:

If a student is unable to participate in physical activity the majority of the semester parent should make a meeting with the student's councilor.

## INJURIES AND ACCIDENTS POLICY

All injuries and accident, regardless or how minor, should be reported to the instructor immediately!

**Important:** The Physical Education Department recommends athletic supporters be worn during physical education class.

The Valencia Physical Education Department hopes your experiences are both physically and socially fulfilling. If you wish addition information regarding this program, please feel free to contact your instructor via email found on the PE home page.

**Thank you, Valencia Physical Education Department**

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**We have read and understand the contents of the Student / Parent Guide (Orientation) provided on the Valencia Physical Education website.**

**Please fill out this portion completely and return it to your instructor. ( Print names Legibly! )**

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Lock Combo ( Optional )

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Period

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Parent email ( Optional )

\_\_\_\_\_  
Parent Cell Phone ( Optional )

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Emergency Contact's Phone Number