

**LELAND HIGH SCHOOL  
PHYSICAL EDUCATION DEPARTMENT  
GREEN SHEET**

Leland High School  
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**I. COURSE CONTENT and STANDARDS**

- The basic objective of Physical Education to Leland H.S. is to stimulate an awareness of one's own physical fitness and to develop an interest and appreciation of various activities and their recreational aspects for the future
- The Freshmen Core Curriculum offers students a varied program of team and individual activities with the emphasis on basic skills. They will receive instruction in the following areas: badminton, basketball, court hockey, Fitness Plan, football, self awareness, softball, soccer, swimming and life saving, tennis, track, volleyball, and weight training.
- The curriculum for sophomores, juniors, and seniors is student-interest centered with expanded participation in certain areas listed above.
- Standards for measurement for individual course content is based upon:
  - Evaluation of the student's individual progress in the specified areas based on their assessment of those skills.
  - Tests designed to determine their knowledge of rules, etiquette, and strategies.
  - Physical performance tests based on California State Standards.
  - Student's participation in the daily class activities.

## **II. RULES and EXPECTATIONS**

- Students will follow the guidelines for behavior as described in the SJUSD Behavior Handbook:
  - Students will show respect to their fellow students and teachers.
  - Language and actions will follow the guidelines as set up by the district in regards to vulgarity, fighting, cheating, and participation.
- Students, in class, are required to follow these guidelines:
  - Arrive in the locker rooms on time from their previous class.
  - Dress in the required uniform every day of class.
  - Students must be on time to roll call.
  - Student will participate in an orderly fashion in roll call and exercises.
  - Participate in the skill development and activities as required by their instructors.
  - Complete all skill tests, written tests, homework assignments, and projects as assigned by their teachers.

## **III. TESTING**

- Each activity area will be individually assessed as the participating teacher deems fit.
  - Skill testing over aspects of the sport emphasized by the instructor based on performance standards.
  - Written for each specific activity regarding rules, etiquette, strategies, and ideas regarding skill development.
  - Projects based upon the area of development as assigned by the instructor.
  - Written research and/or homework to the area of participation.

## **IV. ABSENCE and MAKE-UPS**

- All students are expected to be in class, dressed appropriately, five (5) minutes after the period officially starts.
- All students must come to class with an ABSENCE CARD for their prior missing of class.
- If during any six-week grading period, a student fails to participate in five or more class sessions, he/she will have to MAKE-UP those classes in excess of four or receive a failure grade in participation for that marking period.
  - These absences count toward the loss of credit in participation:
    - Excused absences
    - Non - Excused absences (No Parental Note or Suspension)
    - Medical excuses (not of long term type)
    - Behavioral removal from class
    - School sponsored activities
- Make Ups for students who have over the prescribed number of days consists of:
  - Running on Thursdays at Lunchtime
    - Every ten minutes of running counts as one day of make-up
    - every ten minutes counts as 2.5 points returned to student's grade
    - NOTE: The Non-Suit stays on student's record counting towards the ten steps of the Non-Suit Policy Guidelines (See Page 5 - "Non Suit Policy")
    - Prearranged participation in Zero Period Class
    - Projects or reports for long term absences or injuries
    - Non Excused absences points not be allowed to be made up

- Medical excuses for each student:
  - Long-term excuses must be registered at the Health Office and a copy given to the instructor.
  - A parental note for an illness or injury is valid for only three (3) days. Any further consideration for time off from class has to be accompanied with a doctor's note.
  - Any student who can't participate in swimming because of medical or religious reasons must have a doctor's note or religious leader's documentation registered with the Health Office and a copy given to the instructor prior to the activity so that their program may be adjusted into another activity.
- Students not dressing due to illness, injury, or non-suited will stay with their instructors and participate to the extent the instructor permits.

#### **V. TARDY POLICY**

- Students will be at roll call at the prescribed time. After the teachers start the process of roll call, you are tardy. Being in the locker room prior to the late bell is necessary or a tardy will be assessed.
  - 2 points will be deducted from the participation area of the student's grade.
  - The student's tardy record will be followed by Leland's AIM Program

#### **VI. PARTICIPATION GRADE**

- A student's grade is 60% based on their participation in their PE class.
  - Dressed in appropriate top and bottoms
    - Gray shirts or sweatshirts
    - Navy blue shorts or sweatpants
    - Athletic type of shoes (no dress, boots, sandals, or ughs)
    - Minus 2 points for a partial non-suit
    - Minus 5 points for a total non-suit or street clothes under PE clothes
  - Behavior that is appropriate to the class setting
    - Deductions based upon the infraction equaling no more than 5 points

#### **VII. WRITTEN WORK POLICY**

- Tests, homework, projects and other assignments will create 10% of the student's grade.
  - Certain indoor activity classes may increase this value in reflection to the amount of written work required (Example: First Aid/CPR)
  - Make up for this work to be arranged by individual teacher.

#### **VIII. ASSESSMENT and GRADING SYSTEM**

- The grading policy is designed to allow any student, regardless of ability, to have success in the activities. Students are only required to do their individual best and comply with the established policies of the PE Department. Only those students who do not attempt to comply will be given a failing grade.

- Six week grades are based upon a 100 point scale with the following breakdown:
  - Participation to not exceed 60% of the student's grade
  - Skills Tests to not exceed 25% of the student's grade
  - Written tests, homework, projects, and research material to equal no less than 10% of the grade for each student.
  - Fitness and/or student's participation at warm-ups to allow for 5% of the grade for each student.

## **IX. LIFELONG LEARNING STANDARDS**

- Students and faculty at Leland H.S. believe that learning does not stop at graduation. We encourage these six principles of Lifelong Learning Standards:
  - Will be effective communicators who:
    - Listen objectively with understanding
    - Speak and write with clarity of meaning to any audience
    - Read a variety of materials with understanding
    - Use a variety of strategies to communicate information
  - Students will be informed thinkers who:
    - Identify, define and solve problems
    - Set criteria and analyze alternatives in making decisions
    - Explain their thought processes in arriving at outcomes
    - Use a variety of critical and creative strategies in solving and making decisions
    - Apply problem-solving and decision-making skills to real life situations
  - Students will be information processors who:
    - Identify, access, gather and evaluate relevant data
    - Convert data into usable information related to need
    - Build knowledge by using a variety of information resources and tools including technology
  - Students will be collaborative workers who:
    - Contribute to the achievement of groups or team goals
    - Perform a variety of roles within groups or teams
    - Acknowledge and respect contributions of others
    - Reflect on group or team and personal performances

## **X. DISCIPLINE PLAN**

- Our discipline will follow district and school guidelines
- Daily discipline issues will be posted on the Parent Internet Viewer. Parents can reach this area through the Leland High School website.
- Steps for discipline procedures:
  1. Individual conference with student regarding issue and the Problem will be posted on website.
  2. Repeat offense will result in referral and call home
  3. Third offense will result in conference with administrator, teach parent, and student with possible suspension from class
  4. Multiple non-suits on the fifth incidence will result with an in-house suspension. (See Non Suit Policy page 5)

## **XI. POSTINGS**

- Daily non-suits and other deductions will be posted on the Parental Viewer under PE Discipline
- Grades for each section of class to be viewed on the Parental Viewer

## **XII. LELAND PHYSICAL EDUCATION NON-SUIT POLICY PLAN**

1st - 3rd	=	Non Suit with 5 point deduction from the Participation Grade
4th	=	Contact parent and inform of the next action in plan
5th	=	2-Day In-House suspension from PE Class
6th	=	5 days of lunch cleanup
7th	=	Recommend Saturday School
8th	=	Recommend AIM Program after school for 10 school days
9th	=	Recommend 2 day suspension from Leland H.S.
10th	=	Recommend expulsion from physical education

**NOTE:** This plan is for each individual six week grading period. The act of non- suiting is not removed from the grade card of the student; even when a make-up is completed. Non-suits accumulate for each grading period towards this policy and it's consequences.

**A student can only gain back one half of the 5 points when a non-suit is made-up.**

**An unexcused absence will not be allowed to be made-up with running. A student has got to clear a "lacking parental verification note" within 3 days as stated in the District and School Handbook or it remains unexcused.**

## **XIII. ACTIVITIES**

Volleyball	Fitness Plan
Tennis	Softball
Golf	Weight Training
Flag Football	Pickleball
Swimming	Court Hockey
Lacrosse	Self Awareness
Badminton	Nutrition
Archery	CPR/First Aid
Ultimate Frisbee	Basketball
Rugby	Drug Prevention

# PHYSICAL EDUCATION DEPARTMENT POLICIES SHEET

Please have your parent/guardian read the Physical Education Department Policies and sign this paper. Please return this page to your Physical Education instructor.

I have read and understand the Physical Education Department Green Sheet.

**STUDENT'S NAME** \_\_\_\_\_

(PLEASE PRINT)

**PERIOD** \_\_\_\_\_

\_\_\_\_\_  
(STUDENT'S SIGNATURE) DATE \_\_\_\_\_

\_\_\_\_\_  
(PARENT'S SIGNATURE) DATE \_\_\_\_\_