

Whitney High School  
Physical Education  
Department Syllabus

### Physical Education Staff 2017-2018

John Bosco	Ext. 6603	<a href="mailto:jbosco@rocklinusd.org">jbosco@rocklinusd.org</a>	PE1, Aerobic Fitness, Step Aerobics, Weights
Paul Doherty	Ext. 6640	<a href="mailto:pdoherty@rocklinusd.org">pdoherty@rocklinusd.org</a>	Weights
Mike Gimenez	Ext. 6614	<a href="mailto:mgimenez@rocklinusd.org">mgimenez@rocklinusd.org</a>	Lifetime Sports, Weights, Sports Medicine
Marc Rubalcaba	Ext. 6657	<a href="mailto:mrubalcaba@rocklinusd.org">mrubalcaba@rocklinusd.org</a>	PE1, Aerobic Walking, Weights, Health
April Steele	Ext. 6436	<a href="mailto:asteele@rocklinusd.org">asteele@rocklinusd.org</a>	PE1, Lifetime Sports, Team Sports
Kari Ustaszewski	Ext. 6631	<a href="mailto:kustaszewski@rocklinusd.org">kustaszewski@rocklinusd.org</a>	PE1, Aquatics
Kerianne Woods	Ext. 6641	<a href="mailto:kwoods@rocklinusd.org">kwoods@rocklinusd.org</a>	PE1, Team Sports

### Uniforms

PE shirts and shorts are sold the first week of school for \$25. Students may purchase them from the student store or bring their own plain maroon shirt and vegas gold shorts. Students are also required to have athletic/running shoes appropriate for physical activity. Shoes must have laces and be tied. No "slip ons".

### Loaners

The WHS Physical Education department provides loaners to students who have forgotten their PE clothes. Students are allowed 3 "loaner days" per semester. Students must provide a teacher with their ID card to receive clothes. The ID card will be returned when the clothes are returned. After 3 days of loaners have been used, loaners will still be issued to the student, but they will lose all dress points.

### Locker Room

Students will be provided a lock and a locker. Lost locks will cost the student \$6 to replace. Students are responsible for keeping their belongings **locked up in their locker** during class time. The PE staff is not responsible for lost or stolen items. Lost and found items will be donated at the end of each quarter.

### Grading and Correctives

Physical Education is a participation-based course where students earn points daily by coming to class dressed in PE clothes, participating in all activities, and demonstrating appropriate behavior. If a student does not follow these guidelines they will lose points. **If a student is absent, they will not earn their points for the day**, but they may make up their points by attending a corrective. Correctives will be held during intervention at your teacher's discretion.

Dress = 35%

Participation = 35%

Written/Skill Tests and Assignments = 30%

### Essential Skills

All tests and assignments- If a student does not pass a written test or assignment with at least 70%, they will need to retake the test until a 70% is achieved.

### Parent/Doctor's notes

It is the understanding of the Physical Education department that if a student is well enough to attend school then he/she is well enough to participate in Physical Education. However, it is also recognized that there are legitimate reasons for being excused from physical activity. In order to be excused from class activities the student **MUST** bring a signed and dated note which includes why the student is being excused, from the parent. All notes must be presented **ON** the day of inactivity. If the student needs to be excused for more than 3 calendar days, a doctor's note is required! This note must be on file with the PE instructor. No more than one parent note per quarter will be accepted.

**Students excused from activity will dress in PE clothes and participate as appropriate.**

Please contact us with any concerns