

FRED C. BEYER HIGH SCHOOL KINESIOLOGY HANDBOOK

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PURPOSE

The purpose of this handbook is to acquaint you with the grading policies, expectations and procedures that will help you do a better job during your kinesiology courses.

OUR GOAL

It is the objective of the Kinesiology Department to provide students with opportunities to develop an optimal level of physical fitness through the use of cardiovascular endurance exercises, flexibility training and the wellness curriculum. To enable you to succeed, we follow a sequential and progressive curriculum that allows you to gain proficiency in several forms of movements and excel in selected activities. Our curriculum includes fitness activities, exercise knowledge and sports. We use a variety of ongoing, authentic assessment to ensure that you receive quality evaluation and grading. Our goal is that you become a physically educated person. A physically educated person needs to be able to perform competently within his or her capabilities and know how exercise affects health and quality of life.

COURSES

CORE Program Grade 9 (Coed)

- **Intro to Kinesiology: Course 1**
- **Intro to Kinesiology: Dance 1-2**

Freshmen students who are enrolled in the CORE program complete a full year experience and satisfy the first year of the two-year graduation requirement for Physical Education. As well as completing the required Physical Fitness Test. The program is aligned with the Physical Education Framework for California Public Schools and Physical Education Model Content Standards for California Public Schools. The program teaches the fundamentals of fitness/wellness, lifetime fitness planning, aquatics (swim proficiency), individual/dual/team sports, combatives, tumbling and dance. This CORE program curriculum provides direct instruction on the concepts related to the physiology of exercise, exposes students to a wide variety of sport activities, and prepares students to be informed consumers in physical and recreational activities.

ELECTIVE Program Grades 10-12 (Coed)

- **Intro to Kinesiology Course 2**
- **Advanced Kinesiology: Basketball**
- **Advanced Kinesiology: Wt. Training**
- **Advanced Kinesiology: Aerobics**
- **Advanced Kinesiology: Dance 3-4**
- **Advanced Kinesiology: Dance Production**

Sophomores, juniors and seniors must enroll in the ELECTIVE program for one year to complete their graduation requirements. The ELECTIVE program allows students to individualize their pursuit of excellence in physical activity. Wellness instruction, a weekly fitness routine, and physical performance tests are provided within the ELECTIVE program. A variety of activities are offered such as: yoga, aerobics, team sports, basketball, tennis, weight training and dance.

SPECIAL Programs

Athletic, marching band/color guard and Spirit Leading participants can earn additional PE credits per season of competition. Students must meet eligibility and participation requirements as directed by their coach/instructor. All freshmen must still complete 10 PE credits during 9th grade.



KINESIOLOGY IS A PARTICIPATION CLASS

GRADING POLICY

All PE classes are graded quarterly. To pass physical education, students must not be absent more than **ten days per quarter**. Students with more than **ten excused absences** will receive a "No Mark (NM)". Students with more than **ten absences and/or non-participation days** will receive an "F" grade. Students with **eight or more non-dresses** will receive an "F" grade.

DAILY PARTICIPATION & EFFORT

By meeting all of the following responsibilities each day, a student may be awarded 10 points:

1. Students must be on time, dress in the correct uniform with proper shoes.
2. Students must participate in warm-up, physical fitness, and fitness/skill related activity each day.

Students Lose Points for the Following Reasons:

- Excused Absences ▲ -10
 - Unexcused Absences..... -10
 - Non-dress..... -10
 - Incomplete uniform..... -5
(Two incomplete uniforms equal one non-dress.)
 - Defiance..... -10
(If Missed Participation)
 - Leaving class early (AWOL) -10
 - Non-participation..... -10
 - Participation.....-1(-10)
 - Tardy -5
(If Missed Participation)
- ▲ See Make-Up Policy or Medical Excuses

Participation Grading Scale:

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = 59% or below

Grades are based on a point system with a maximum of 10 points issued each day during the quarter. Points per quarter vary depending on days allotted to each quarter.

KNOWLEDGE/SKILL/FITNESS

1. Objective testing / assessment of health-related fitness improvement.
2. Objective testing of skill.
3. Knowledge of exercise/health related or skill related concepts.

- The California State Fitness Gram Physical Performance testing will be administered twice a year.
- Failure of Spring test leads to a requirement of a kinesiology course the following year.
- Lectures, quizzes, projects, portfolios and written tests are options included in our program.

CITIZENSHIP GUIDELINES

Outstanding:

- All absences excused
- 0-1 Tardy
- 0-1 Non-dress
- 0-1 Referral
- Excellent attitude and participation

Satisfactory:

- 1-2 Unexcused absences
- 0-1 Truant
- 2-4 Tardies
- 2-3 Non-dresses
- 2-3 Referrals
- Good participation

Unsatisfactory:

- 3+Unexcused absences
- 2+Truants
- 5+Tardies
- 4+Non-dresses
- 4+Referrals
- Poor participation or attitude

UNIFORM REQUIREMENTS

All students are required to wear the appropriate PE uniform. This uniform consists of the following:

Beyer Logo PE Clothes are strongly encouraged.

They can be purchased in the SBO.

Other options are listed below.

- **Shirt:** a standard sleeved white or gray crew t-shirt, without pockets or logos. No turtlenecks, long-sleeved shirts or other shirts are to be worn under the PE shirt. No Low-neck or tank tops are allowed. Sweatshirts are permissible in cold weather
- **Shorts/Pants:** solid color trunk-type gym shorts or sweat pants. Shorts/pants must be worn at the waistline. No sagging.
- **Athletic socks:** socks are required in all classes.
- **Shoes:** non-marking, flat, rubber-soled athletic shoes with laces or Velcro-type closing are necessary. *Shoes must be tied/fastened for safety.* **Sandals, slip-ons, boots, heels or shoes with buckles are not allowed and are considered a non-dress violation.**

MARKING UNIFORMS

Marking of all physical education clothing is required. The markings must include the student's first and last name printed in the center of the front and back of all shirts and on the left front thigh of shorts and sweats. This must be done with the assistance of your teacher during the first week of class.

NON-DRESS

AR 6142.11 prohibits students from participating in PE if they are not properly dressed.

Students who fail to dress out or fail to dress properly shall be subjected to the following penalties:

- 1st non-dress = 10 points off:
 - Parent contact/phone dialer
- 2nd non-dress = 10 points off:
 - Parent contact/phone dialer
- 3rd non-dress=10 points off:
 - referral to intervention for PE writing assignment, +5 Pts
 - Parent contact/phone dialer
- 4th non-dress = 10 points off,
 - referral to intervention for PE writing assignment, +5 Pts
 - Parent contact/phone dialer
- 5th non-dress = 10 points off,
 - referral to intervention for PE writing assignment, +5 Pts
 - Parent contact/phone dialer
- 6th non-dress = 10 points off,
 - referral to intervention for PE writing assignment, +5 Pts
 - Parent contact/phone dialer
- 7th non-dress = 10 points off,
 - referral to intervention for PE writing assignment, +5 Pts
 - Parent contact/phone dialer
- 8th non-dress = student failer,
 - Parent contact/phone dialer

All contract steps start at the beginning of each quarter. Non-dressing is not a student option. Non-dress is the primary reason for failing the class.

ABSENCE POLICY

Kinesiology is a class that is participation and performance oriented. Consistent attendance is very important and excessive absences will adversely affect a student's grade. A student who has more than 10 days of absences per quarter will not pass the class due to State participation requirement. Some other absences may be made up as outlined in our make-up policy. **Non-dresses cannot be made-up. Unexcused absences cannot be made up.** Students are responsible for clearing absences.

MAKE-UP POLICY

Students may make-up excused absences by attending zero period (if available) or by teacher arrangement. Each class attended makes up 10 points. Students shall be permitted to make-up missed school assignments. Students shall be allowed TWO school days for each day of absence to make-up the work. The time for make-up may be extended by the teacher. Responsibility for requesting missed work lies with student.

TARDIES

Students must be in locker room when the tardy bell rings. Students must be at their assigned roll call area within 5 minutes after the tardy bell rings. Per school policy, a referral will be given on the 4th tardy.

MEDICAL EXCUSES

Parents may excuse you from participating from one to three days by writing a note to the teacher stipulating the number of days and the reason for the excuse. A medical excuse in excess of three days requires a written excuse from a medical doctor to be given to your teacher. Missed days will be 10 points off, but you are permitted to make-up these points. If more than 10 days are missed for a medical reason students will be removed from class for the remainder of the grading period.

INJURIES

All injuries must be reported to your teacher. Due to the potential for injury, horseplay or fighting will not be tolerated.

ATHLETIC GAME DAYS

Except for special circumstances, all athletes will be required to dress out (sport/club/cheerleading uniforms are not acceptable) and participate on game day. No students will be allowed in the locker rooms without adult/coach supervision.

LOST AND FOUND

All items in the locker room will be placed in the lost and found bin. Check with your teacher to claim items. The Kinesiology department will not be responsible for lost items.

REPORT ALL THEFTS AND BROKEN LOCKERS TO YOUR TEACHER/ AND OFFICE

Students are:

1. CAUTIONED to not allow his or her combination to be known.
2. CAUTIONED to check that their lock is secure by rolling the tumbler and pulling down on the lock.
3. CAUTIONED to not share lockers with other students, even your best friend. Currently boys may have to share due to limited locks in their locker room.
4. CAUTIONED not to leave large sums of money or any valuables in lockers.
5. Report broken lockers to teacher.

LOST LOCK PROCEDURES

If your lock is missing, you should:

1. Contact the PE office to see if the lock has been found.
2. If you are unable to find a school lock within five days, you must pay the school bookkeeper the cost of the lock.. Give the receipt to your teacher and he/she will issue you another lock.
3. If you bring a personal lock, the combination must be on file with the PE office. **No key locks!!**

GIRLS LOCKERS

Lock and Locker Procedures:

Use the small locker for PE clothes. Use the large locker for street clothes. Put the lock on the big locker only while dressed out for class. Transfer the lock back to the small locker at the end of the period.

BOYS LOCKERS

Lockers have built-in combination locks. Always check to see if locker shuts completely and latch won't open unless the combination is used. We highly recommend that you bring a second combination padlock.

OFF-LIMITS

Students are not allowed in any indoor facility or classroom without a teacher present. During lunch periods students found in kinesiology facilities will be referred to the Discipline office. No student should be in the locker room after school unless he/she is under adult supervision

DO NOT KICK THE DOORS!

HOLDING LINE

Students must stay behind the yellow line until the passing bell rings. Students who disregard this rule will be marked AWOL as per Grading Policy with possible referral.

NO FOOD RULE

Food, candy or beverages are not allowed in PE areas or locker room. NO CHEWING GUM WHILE IN PE

RENAISSANCE REWARDS

Red: One Non Dress Day (10pts)

White: One Non Dress Day (10pts)

Blue: One Non Dress Day (10pts)

Gold: One Non Dress Day (10pts)

Available once per Quarter

Below is the automated dialer message that is sent home when (PE Non Dress) is entered:

This is an important message from [name of high school] High School. [Student's full name] did not dress and/or participate in his/her Physical Education class today. PE is a graduation requirement and not dressing or participating in class will greatly affect your student's grade and can result in a failing grade. Please encourage [student first name] to dress out and participate daily during his/her PE class. Please contact your student's PE teacher if you have any questions.

Students are not to be in the locker room after teachers leave for class! Any student in the locker room during this time will be marked tardy and/or sent to the discipline office. Please understand this is for SECURITY! Students are not to keep their lunches/books in their GYM lockers. If you are in the locker room when it's not YOUR period you will be sent to the Discipline Office

KINESIOLOGY FACULTY HOW TO REACH US

Brandi Speed.....492-4193 speed.b@monet.k12.ca.us
Mitch Munthe492-5122 munthe.m@monet.k12.ca.us
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Greg Wilson.....492-6966 wilson.g@monet.k12.ca.us
Elizabeth Hallack.....492-4193 hallack.e@monet.k12.ca.u

Please do not hesitate to call or email us to leave a message or set up an appointment.