CENTRAL HIGH SCHOOL
PHYSICAL EDUCATION GUIDELINES

The purpose of this pamphlet is to acquaint you with the rules, regulations, and procedures that will help you succeed and excel in your physical education class.

GOALS
It is the goal of the Physical Education Department to develop an awareness of the importance of personal fitness and to acquaint students with programs for maintaining fitness throughout their adult lives. Students will be exposed to a wide variety of physical activities to develop basic physical skills that will help to meet or exceed the testing standards of the California Physical Performance Test. Our goal is to develop every individual physically, mentally, emotionally, and socially.

PHYSICAL EDUCATION PROVIDES
The opportunity to develop maximum potential for physical fitness and good health, acquire knowledge and skill in lifetime sports, experience competition and practice cooperation in individual and team activities.

CURRICULUM – ALL LEVELS
Instruction in a total PE program includes: safety, care of equipment, care of property, uniform requirements, personal hygiene, grading policies, make-up policies, and meeting Graduation requirements.

COED 9TH/10TH, 11TH/12TH
Physical fitness activity units include: Volleyball, Badminton, Mush ball, Weight Training, Paddle Tennis, Basketball, Soccer, Field Hockey, Golf, Archery, Flag Football, and more!

GRADING
Students will earn points daily by achieving the following: Students must come to class on time, with all materials, and in correct uniform. Each student must participate in warm-ups, physical fitness, and activities each day. Students may also earn points for skills tests and written tests at the conclusion of each unit. Students will lose points daily for the following: Absences, Tardies, Non-dress, Loaners, Non-Participation, and Conduct Referral.

ABSENCE POLICY
PE is a class based on participation and performance. Consistent attendance is very important and absences will affect a student’s grade. School activities or school business will not count against the student. In the event of a non-school related absence (excused or unexcused), students will be provided the opportunity to make up points lost. Any points lost while the student is in class can not be made up.

MEDICAL EXCUSES
Parents, doctor, or the school nurse may excuse a student for illness or injury from participation only. Students must have a written note stipulating the number of days to be excused. Participation in all physical activities will be expected unless otherwise specified in the written excuse. YOU ARE STILL REQUIRED TO DRESS OUT. Students are allowed up to three parent excuses each semester. Any excuse that requires the student to miss PE for ten (10) consecutive days may be subject to a temporary class transfer.
NON DRESS/LOANERS
Loaners are offered EVERYDAY! Students MUST have an ID card to get a loaner. Students will lose 4 points for the use of a loaner. Loaners should be used as a last resort and not as an alternative to PE clothes. In order to be considered dressed out and earn points, each student must wear the following: PE t-shirt, PE shorts, and tennis shoes/sneakers. Sweats may be worn provided they follow the attire guidelines listed below. Half dresses are unacceptable. Non-athletic shoes (flip flops, sandals, boots, etc.) are unacceptable and are considered a non-dress. Non-dresses are the chief reason for failing Physical Education.

PHYSICAL EDUCATION ATTIRE
Central PE clothes may be purchased from the PE department.
SHORTS: Central Black PE Shorts or Plain Black PE Shorts
T-SHIRT: Central Gray PE Shirt or Plain Gray PE Shirt
SHOES: Athletic shoes only
SWEAT TOPS AND BOTTOMS: Black, gray, white or orange (they may have designs provided that every color in that design is a school color).

*If PE attire becomes torn, ripped, defaced, or develops holes, the garment must be repaired or replaced.
*No oversized clothing allowed!
*For the student’s protection, all PE clothes should be marked.
*Lost or stolen items should be immediately reported to the coaches and a theft report should be filled out.
*If you have any concern regarding PE clothes, please contact your child’s physical education teacher immediately.

Central High School is not responsible for lost or stolen items.

IMPORTANT
Please report any injuries immediately. No horse play or fighting will be tolerated. No drinks, food, candy, or gum is allowed in the locker room, gym, or class. Cell phones AND headphones shall remain put away for the entire period. Indoor and fenced in teaching areas without the teacher present are off limits.