



San Ysidro High Physical Education

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The San Ysidro High P.E. staff is dedicated to making our Physical Education program a challenging and rewarding experience that teaches the fitness and wellness benefits of maintaining an active and healthy lifestyle.

P.E. Uniform Info

1. Uniforms may be purchased from the ASB.

*9th graders are highly recommended to buy the SYHS PE uniform

Item	Without ASB sticker
PE T-Shirt	\$12.00
PE Shorts	\$12.00
PE Sweatshirt	\$15.00
PE Sweatpants	\$15.00
Master Lock	\$7.00

1. 2. Athletic shoes with socks strongly recommended and anything deemed unsafe by the coach will not be allowed.
2. T-shirts must be plain white or grey with no logos. It MUST be a crewneck shirt, NO scoop necks or V-necks. San Ysidro logo items are allowed. First and last name must be on your uniform.
3. Athletic shorts or sweats may be black or blue and long enough to reach the mid-thigh. Shorts must also be worn over leggings.
4. You may not wear school clothes underneath your P.E. uniform.
5. P.E. uniform should be brought to school your first P.E. day of the week and kept in your locker until Friday.
6. There are no 1/2 non-suits. Dress out completely or not at all.

Locker Policy

1. Each student will be assigned a locker. Students must use this assigned locker, and may not share. Locks are not provided, and a Combination Master Lock is required. Dressing outside of the locker room is not permitted. Non-suits are not permitted in the locker room.
2. Big lockers are for class time use only. If a lock is left on a big locker, it will be cut off at your expense.
3. Lockers will be cleared out and reassigned at the end of each semester. Students are responsible to make sure all belongings are removed from their locker. The PE department is not responsible for any item/s left behind.

LOCK YOUR LOCKER AND DOUBLE CHECK IT!!!

****Anything not locked up is subject to theft*****

Behavioral Expectations, Policies and Responsibilities

1. Always respect all teachers, others, yourself, equipment, and our learning environment.
2. Absolutely no electronics or cell phones. If brought to class they will be confiscated and turned into your AP.
3. All students must be visible to their teacher and stay in designated P.E. areas at all times. No students may leave the P.E. area for any reason. Students who leave for any reason and any amount of time without permission will be considered truant, marked absent, and receive a zero for the day.
4. Dress out EVERYDAY even rainy days. All students are expected to dress for P.E. every class, no exceptions or excused non-suits.
5. Athletes: All athletes must dress and participate in class, even on game days. Failure to participate will result in a loss of points for that day and a loss of one letter grade in citizenship.
6. All students must be sitting on their numbers before their teacher exits the locker room.

Consequences

Any student that chooses to be defiant and disruptive to the learning environment will be issued an automatic referral to their Assistant Principal.

Illness and Injuries

- If you are at school, you are expected to dress and participate to the best of your ability. If you are too ill to participate you should stay home.
- Please take all medical notes to the nurse before your PE class (you are still expected to dress out).

P.E. Make-up Work

- See your teacher for make-up work
- Extra credit will be offered periodically. We highly suggest that you take advantage of every opportunity given.

Grading Policy

All teachers have comparable grading policies. Please see your course syllabus for specifics.

NO "D"'S WILL BE GIVEN ON PROGRESS REPORTS. IF YOUR GRADE IS A "D", IT WILL BE REFLECTED AS AN "F".

Citizenship grades will be based on...

Dressing out, tardies, attitude, sportsmanship, following policies and expectations and attendance.

Please sign and return (This page only)

Please list any medical conditions that your child has that might affect his/her ability to participate in Physical Education. Written verification from a doctor may be necessary. Please make sure the nurse is aware of any medical condition.

We have read and understand the rules and requirements for this class.

Student's printed name

Student's signature

Parent/Guardian's printed name

Parent/Guardian's signature

Best phone number to reach you _____

Best email to reach you _____