



Physical Education Course Outline

Mr. Justin Berona, jberona@riponusd.net

Objectives

Physical Education offers a learning experience through physical activities which are selected and presented with full regard to values in human growth, development and behavior. It is part of the total education program with goals that enhance all other learning experiences by developing communication skills, responsible citizenship, positive relationships and problem solving skills. The physical education program at Ripon strives to help each student to:

- Develop interest in and maintain physical fitness
- Develop proficiency in a variety of movement skills
- Have a lifelong enjoyment of physical activity both as a participant and as a spectator
- Develop abilities to express knowledge and a responsibility for his/her behavioral actions
- Learn positive group interactions
- Nurture the above objectives throughout adult life

Units of Instruction:

Each unit taught will last approximately 4-5 weeks. Units will consist of traditional sports along with non-traditional activities. Each class will follow the appropriate state standards for the given grade level. Physical requirements will follow the **California Fitnessgram Standards**. Approximately 4-5 units will be taught through the year.

Daily Points

Fitness Assessment (warmups, activity)	5 points
Dress	5 points

Grade Break down

40% Fitness Assessment
20% Non-Dress
20% Runs
19% Assignments/Testing
1% Course Syllabus (only 1st semester)

Deduction of Points:

-Any absences	-10 points each (includes non-dress)
-Non-dress, tardy	-5 points each
-Not performing activity, Off task, horse play, Inappropriate behavior	-2 to -10 points

***Students who come to class non-dress will be required to perform all physical activities.**

Non-dress students will not sit out.

Ripon Unified School Board Policy requires the use of the following grade scale:

100-90% =A+-A- (4)

89-80% =B+-B- (3)

79-70% =C+-C- (2)

69-60% =D+-D- (1)

59%-0% =F

Make-Up Policy: Absences

- I. All absences can be made up by the student speaking to his or her teacher. A student has two weeks to complete the make-up requirements. If a student is physically unable to perform a make-up, a modification for written work may be issued. In the case of a mile make-up the student can set up a time for after school based on the teacher's availability.
- II. A student has as many days as they were absent to make-up any missing assignments. It is the students' responsibility to get the required work from their teacher.

Parent/Medical Release:

- I. If a student is sick or injured with a doctor's note, **it will be expected that each student will dress for class and participate in an alternative activity per doctor and instructor.** For example, if a student is unable to use a lower extremity (leg) because of injury, they may be placed on an upper body exercise modification. The goal is to keep each student a part of the class setting. Modifications will be appropriately placed for students who become unexpectedly ill. Dr. notes with "no participation" will not dress out, (however a student will need to make up those days or the student will do a daily written assignment, depending on the injury or the length.)
- II. A parent and/or guardian may excuse their child from activity for up to a three (3) day period. The note must include the following information:
 - a) Date
 - b) Medical Reason
 - c) Parent/Guardian signature and phone number***Students will still need to make-up those days.**

COVID-19 Policy:

Ripon Elementary will continue to follow the guidelines set by the California Department of Public Health. All prevention protocols can be found on the Ripon Unified School District website under *Student Services and Health Services*.

- I. Temperature check – If above 100°, students will not be allowed at school and/or will need to be picked up promptly and/or if a student has experienced any symptoms that are unusual for them, in the last 14 days, students will not be allowed at school and will need to be picked up promptly.
- II. **Positive Test:** Students who test positive will be instructed to isolate based on current San Joaquin County Public Health Services Isolation Orders.
Exposures: In the past 14 days, if a student has been in close contact with anyone who displays the known symptoms above of COVID-19, or has been in close contact with a confirmed positive case of COVID-19, please contact your student's school. You will be

asked follow up questions to determine a quarantine timeline, based on current San Joaquin County Public Health Services Quarantine Orders.

- III. **Return to School After Symptoms:** The following return to school guidelines are based on California Department of Public Health guidance. A student may return to school after exclusion for symptoms at home or in school when:
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
 - Other symptoms have improved; and
 - They have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.

Any sickness and/or injury lasting longer than a three consecutive PE day period, the student **MUST** obtain a medical document indicating the sickness/injury and proper modifications. The document must include dates for modification or release of activity from a medical doctor. A written assignment may be assigned due to a lengthy illness or injury.

UNIFORM POLICY

Every student enrolled in a physical education course must abide by the school uniform and dress code policy.

4th, 5th, and 6th grade students will wear their normal school clothes. A non-dress would be counted as not wearing the appropriate shoes.

7th and 8th grade students may not wear their school clothes under their P.E. clothes, it will be counted as a non-dress. The following clothing items are allowed as a physical education uniform:

P.E. Uniform (7th & 8th only): PE uniforms are full T-shirts, shorts and sweatshirts/sweats that are black, red, gray or white in color. T-shirts must be full t-shirts (full sleeves with no cut outs) and school appropriate length shorts (i.e. no spandex or short running shorts). PE Uniforms are available to purchase at the **Ripon Print Studio** located on Main Street or on their website <https://www.riponprintstudio.com>.

Activity Shoes: All students must wear appropriate activity shoes. Acceptable shoes include, but are not limited to running, cross-trainer, basketball, and court shoes. Every pair of shoes worn must cover the entire foot, including the heel portion. All shoe laces must be tied to ensure safety while participating in activity. Unacceptable shoes include, but are not limited to crocs, flip-flops, sandals, hiking boots, casual/dress shoes and skateboarding shoes.

Non-Dress -5 points

1st Non-Dress= Verbal Warning

2nd Non-Dress=Verbal Warning

3rd Non-Dress=30-minute detention

***Any non-dress after 3, student will be sent to the office and receive no points for the day!**

*****This is a Trimester policy. Non-Dresses will reset at the next Trimester.**

*****Non-dress students are still required to participate; it is mandatory!**

***Absolutely NO food, drink, or gum in class. Water is the only drink permitted.**

-----*Cut Here*-----

Physical Education

Please sign and return to acknowledge that you have read and understand the policies and procedures.

Student Name _____
(Print)

Student Signature _____ Date _____

Parent/Guardian Name _____
(Print)

Parent/Guardian Signature _____ Date _____

Please explain any medical concerns:
