***MacArthur Physical Education Program 2021-2022***

**Dear Parents:**

Welcome to the 2021-2022 school year. This letter contains the essentials to our program. Please feel free to contact me at (714) 568-7700, Boys Physical Education, Mr. Evans, or email me at patrick.evans@sausd.us. I am available for conference during 1st period. Study Guides, copies of homework and other important information can be found at [www.macarthurschool.org](http://www.macarthurschool.org), on my teacher website, or on our class Google Classroom. Finally, please check your student’s grades at Aries.net under the parent portal, as grades will be updated weekly.

**Thank you for your continued support!**

# **The Process**

A six week unit rotation system is utilized to enhance the effectiveness of the program. Students select the activity of their choice. All classes are co-educational. Teaching strategies focus on skill development and developing an appreciation for good health and fitness. In addition, the physical education department stresses building desirable social skills while providing a safe and enjoyable experience for all students.

# **Locker Room Procedures**

Physical education lockers are issued by the staff. Students should not share their lock combinations with anyone. Moreover, there is no sharing of lockers. Valuables should always be kept locked inside the locker. **Students also must lock their gym/street clothes before, during and after the period**. Students must not leave anything unlocked at anytime.

Students have five (5) minutes at the beginning of the class to dress and eight (8) minutes at the end of the period to prepare for the next class. There is absolutely no horseplay or play fighting allowed at anytime. **Also, only roll on or clear gel deodorant is permitted in the locker room.** No aerosol, white chalking deodorant or glass is permitted at any time.

Food, backpacks and book bags are **not** allowed in the locker room. In addition, backpacks are not to be brought to physical education unless instructed by a staff member. Students must go to their outside locker prior to coming to their physical education class.

Students should take home their physical education clothes every Friday to be washed (or more often if necessary). Furthermore, **there is no sharing of clothes**. Students must wear their physical education clothes that have their first and last name clearly marked on each piece of clothing, or gray or black shirt and shorts. No other color shirt or shorts may be worn. **No jewelry or any type of wristbands are allowed except medical.**

## **Non-Suit Policy**

All students who fail to bring their uniform to school will be required to participate in their regular clothes. Points will be deducted from their citizenship grade. Sweatshirts and pants, in gray or black are allowed on cold days (under 65 degrees). These should be accompanied **with** the MacArthur physical education clothing. Students can also wear a **plain gray t-shirt** along with **plain black shorts** instead of the MacArthur PE uniform. Excessive non-suits can result in a detention/referral.

# **Illness, Excuses, Exclusions and Disabilities**

If your child is to be excused from class, a parent note explaining the illness/injury is required. **If a student is to be excused for longer than three (3) days, a doctor’s written note with the time period of the excuse as well as the child’s limitations is necessary**. For example, if your child is able to participate in all activities except running, please have the doctor note this on the release form.

The physical education department offers alternative activities for students who are not able to participate in regular unit activities. Isometric exercises, a walking program, portfolios and library research are activities designed for students who have specific needs or who are under a doctor’s care.

## **Grading**

### ***Academic***

Each student’s academic grade is comprised of the following components:

50% Fitness – Exercise activities, Mile runs, Pacer test, Fitness log

50% Tests, Quizzes, Assignments and Projects

**Grading Scale** A 90 – 100 B 89 – 80

C 79 – 70 D 69 – 60

F 59 and below

***Citizenship***

Each student begins the semester with 25 points. Points are deducted for being tardy, excessive absences, non-suits, wearing jewelry, and other infractions.

25-24 = Outstanding, 23-18 = Satisfactory

17-14 = Needs to improve 13 or below = Unsatisfactory

#### **Star Program**

At MacArthur, we use a star program to encourage and reward students who strive for excellence in citizenship, academics and physical education. Felt stars can be earned in a variety of ways, all of which reach a broad spectrum of students. When a student earns five (5) stars, he/she will be rewarded with a “General Shirt”. These shirts will be provided to the first 120 students who earn them. Students who earn this general shirt may wear it in lieu of their regular MacArthur physical education shirt.