

# **TAFT HIGH SCHOOL PHYSICAL EDUCATION**

**Dear Parent or Guardian**

**The Physical Education Staff is looking forward to this school year and in helping your child become physically educated We are very proud of our Physical Education program at Taft and the part it plays in the total educational experience offered by the Los Angeles Unified School District.**

**The aim of the Physical Education program is to develop the total fitness of young men and young women. We believe that developing a high degree of physical fitness is essential for all young men and women so they can meet the demands of living in our democracy and in an interdependent world. In addition, a major emphasis will be on the development of skills in the many individual and dual sports and on activities which can become valuable recreational assets which help promote total fitness in adult life.**

**We also believe that it is the behavior of student's which takes place after school (and at home) which has the greatest influence on a student's health and fitness We ask that the parents help us achieve our goals by offering healthy meals, promoting physical activity and modeling a healthy lifestyle. Together we can help your child become a healthy and active teen and adult.**

**Sincerely,**

**THE PHYSICAL EDUCATION STAFF**

**PLEASE TEAR OFF AND RETURN BOTTOM PORTION**

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**Your signatures below indicate you have carefully read the information in this handbook and agree to adhere to and abide by all expectations, rules and behaviors included therein.**

\_\_\_\_\_  
**Student Name                      Date**

\_\_\_\_\_  
**Student Signature                      Date**

\_\_\_\_\_  
**Parent Signature                      Date**

\_\_\_\_\_  
**Parent Signature                      Date**

# **State of California Challenge Standards**

## **Movement Skills and Movement Knowledge**

- Standard One:** The Students will be competent in many movement activities.  
**Standard Two:** Students will understand how and why one moves in a variety of situations and will use this information to enhance his or her skills.

## **Self Image and Personal Development**

- Standard Three:** The student will achieve and maintain a health enhancing level of physical fitness.  
**Standard Four:** The student will exhibit a physically active and healthy lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.  
**Standard Five:** The student will demonstrate responsible personal behavior while participating in movement activities

## **Social Development**

- Standard Six:** The student will demonstrate responsible social behavior while participating in movement activities. The student will understand the importance of respect for all others.  
**Standard Seven:** The Student will understand the interrelationship between history and culture and games, sports, play and dance.

## **Goals and Disciplines for the Physical Education Curriculum**

**Goal:** Movement Skills and Movement Knowledge

**Disciplines:**

- 1. Motor Learning**
- 2. Biomechanics**
- 3. Exercise physiology and health related physical fitness**

**Goal:** Self Image and Personal Development

**Disciplines:**

- 1. Human Growth and Development**

2. Psychology
3. Aesthetics

Goal: Social Development

Disciplines:

1. Sociology
2. Historical Perspectives

## Physical Fitness Components

- Cardio-Respiratory Endurance
- Muscular Endurance
- Muscular Endurance
- Flexibility
- Hand-Eye Coordination
- Foot-Eye Coordination
- Balance

## PE UNIFORM

- White Taft PE Shirt
- Red Taft PE Shorts
- Plain Gray Sweat Pants
- Plain Gray Sweat Shirt
- NO Jackets are to be worn on top of the PE Uniform

Students not in the proper uniform will be given a detention and/or sent to the dean's office.

## Daily Procedures and Expectations

- All Students are required to Dress Everyday.
- Report to the locker room before the tardy bell rings.
- Dress quickly and report to your assigned area for role call
- Students should find their position in role call order and be seated immediately.
- Use the restroom at the beginning and end of the period. No bathroom passes will be given during class time.
- Drink water before you report for role, and after class.
- You should never be in the locker room during class unless you have the permission of a teacher. Any student found in the locker room without permission will be sent to the Dean's office.
- Do not enter the PE office without permission.
- To receive full participation credit, students are expected to give their best effort during all class activities. Sitting down during class or not giving your best effort will affect a student's grade along with their work habits and cooperation grade.
- After class, report to the locker room and dress quickly. All PE students must wait behind the gates until the passing bell rings.

### PE LOANER PROGRAM

All students are expected to dress everyday for PE. Students who do not have their own PE clothes must report to either the girls PE office or Boys PE office during the dressing period before class and receive a set of loaner clothes. Therefore, there is no valid reason that a student is not dressed for PE. Students who are not dressed for PE will be given a detention and/or sent to the Dean's Office.

### Medical Excuses

We want all students to be dressed for PE every day. If a student is not feeling well, we ask that they still get dressed in their PE uniform. Teachers will accept a note from home citing that the student is not feeling well that day and will be allowed to not participate.

For medical excuses for more than one day, students should bring a note from their parent or guardian or from their doctor to the nurse's office. The nurse will then give the student a medical excuse slip which should be shown to the teacher. The student should still be prepared to be in their PE uniform.

The only exclusion to dressing for PE might be if a student has a physical disability that would preclude him or her to get dressed. For example, a cast on an arm or leg, or an injury that makes it difficult to change into their PE uniform.

## **PE LOCKERS**

**The PE staff is concerned that student's belongings are safe and secure at school. We are asking for the cooperation of students in following locker instructions so that losses and theft can be prevented. While the staff will attempt to prevent loss of clothing or other valuables while in the PE locker, all losses become the responsibility of the students.**

**Therefore, we suggest the following:**

- **Never share lockers with another student.**
- **Students should memorize their combination and be sure that no one else has the combination.**
- **Be aware of other students who might be trying to learn your combination as you open your locker.**
- **We strongly encourage students to bring a pad lock to school to keep on their locker. This will provide additional protection, although it is no guarantee against theft.**
- **Do not leave valuables or money in your locker during class. Valuable articles and expensive clothing should be kept at home. Cell phones and electronic devices such as walkmans should also be left at home.**
- **Be sure your locker is locked tightly each time you use it. Rotate the dial after each use to make sure the lock is properly secured.**
- **Lockers should be kept neat and orderly at all times.**
- **Students should wash their PE clothes at least once a week over the weekend.**
- **Be sure to remember to bring them to school on Monday.**

### **Parents**

**Please stress to your child the importance of personal responsibility for his or her own clothing and valuables. The teachers cannot assume responsibility for items that may be lost or stolen because a locker is not locked. It is the student's responsibility to replace their PE clothes immediately if they have been lost or stolen so as not to interfere with the instructional program or adversely affect your son or daughter's grade in Physical Education.**

## **Locker Room Expectations**

- **NO EATING OR DRINKING IN THE LOCKER ROOM**

- **NO RUNNING OR HORSEPLAY IN THE LOCKER ROOM**
- **THROW PAPER TOWELS IN THE TRASH CAN**
- **TURN WATER FAUCET OFF WHEN YOU ARE FINISHED USING THEM**
- **FLUSH TOILETS WHEN FINISHED**
- **DO NOT THROW OBJECTS IN THE LOCKER ROOM**