

Rio Norte Physical Education

THE OFFICIAL STUDENT HANDBOOK FOR YOUR 2011-2012 RIVER HAWK P.E. EXPERIENCE

Be prepared and be honest.

-John Wooden

Mission Statement

- Rio Norte Physical Education is a comprehensive program designed to allow students to discover the skills and strategies necessary to achieve and maintain total personal wellness -

Standards Based Instruction

Rio Norte Physical Education is based on instructional standards set forth by the State of California. Everything we teach is currently suggested, recommended, or mandated by the State of California. This provides each student with the highest quality P.E. experience.

For more information on State Physical Education Standards, visit: www.cde.ca.gov

7th Grade Activities

- FRISBEE GOLF
- SELF DEFENSE
- JUMP BANDS
- TRACK & FIELD
- PICKLE BALL
- COOPERATIVE GAMES/ JUGGLING
- STATE FITNESS TESTING
- SKILLS CAMP

8th grade Activities

- WEDDING CRASHERS
 - OVER THE LINE
 - TRACK & FIELD
 - FLOOR HOCKEY
 - TEAM HANDBALL
 - PING PONG
 - VOLLEYBALL
 - FITNESS TESTING
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What to Wear

Students are expected to dress for success each day in a RIO NORTE P.E. uniform. The P.E. uniform consists of black RIO NORTE shorts, grey RIO NORTE t-shirt, and sturdy athletic shoes with ties. Shoestrings must be tied to prevent shoes from coming off during activities. Light gray sweatshirts and sweatpants are optional but do take the chill off cold weather days and may be worn over the P.E. uniform. Plain black beanies and thin black runner's gloves are also acceptable cold weather gear. Sweats must have NO writing, logos, or zippers. As a safety feature, sweatpants must have an elastic cuff. Official RIO NORTE P.E. SWEATS will be sold throughout the year.

RIO NORTE P.E. is proud to offer BRAND "X" uniforms to students who mismanage their uniform. These are freshly laundered loaner uniforms. Be sure to ask your P.E. teacher for the consequences you will incur each day you borrow BRAND "X." Look sharp and ALWAYS wear your RIO uniform!

What NOT to Wear

- Your cell phone
- Excessive or loose fitting jewelry
- Sunglasses without Dr.'s authorization
- Hats other than white "Gilligan" style bucket
- Sweats w/writing, zippers, or logos
- Sweats other than grey in color, without elastic cuff
- Dress shoes, sandals, unlaced shoes, boots, UGGS

Grading Policy

- 30% PARTICIPATION and EFFORT:** Including: promptness, effort and attitude during daily class activity, and acceptable cooperation with others
- 15% WARM-UP:** Exceptional effort during warm-up including Rio Ladder, Rio Jacks, stretching and sitting in roll call order
- 20% HOMEWORK:** Homework consists of **Fitness Logs** and **quarterly projects**. Recommended by the California State Board of Education and Surgeon General's Report 2000, students will maintain and complete a weekly Fitness Log. Activities will include three days of cardiovascular (aerobic) training of at least 20 minutes in duration and two strength workouts. **It is worth noting that most kids who fall short of an "A" grade in P.E. do so for not completing their fitness logs.** The Fitness Log will be explained in greater detail in your P.E. class. **Fitness Logs, instructions, and due dates are posted online on the Rio Norte website at www.hartdistrict.org/rionorte.** It is the student's responsibility to download and print their own copy. The school library is also available to print a copy if needed for 10 cents.
- 20% PERSONAL FITNESS:** Students will participate in a weekly cardiovascular fitness evaluation which may include but is not limited to: THE RIO RUN (25 minute run/walk), ONE MILE RUN (state measure), GYM RUN (continuous jog), and others. STRENGTH/FITNESS DAY scores may also be added into this category. All grading scales and methods of evaluation are based on California State Fitness Standards.
- 10% CLASSROOM ASSIGNMENTS:** Students will be evaluated on a number of worksheets completed in the P.E. classroom. Examples of topics addressed may include: Goal Setting, Health Related Fitness, and Nutrition for Life, among others.
- 5% PERSONAL MANAGEMENT:** Students are held accountable for having their P.E. clothes and following locker room procedures.

A+ = 97-100	B+ = 87-89	C+ = 77-79	D+ = 67-69	F = 59 or less
A = 93-96	B = 83-86	C = 73-76	D = 63-66	
A- = 90-92	B- = 80-82	C- = 70-72	D- = 60-62	

Climate

The Santa Clarita Valley may experience temperature extremes that are not conducive to strenuous activity. Along with other schools in the Santa Clarita Valley, Rio Norte has established an upper temperature limit of **88 degrees** and a lower limit of **40 degrees Fahrenheit**.

Class activities will be **modified** on such occasions when the temperature meets or exceeds this limit based on current readings reported on line.

On the web, visit: www.weatherbug.com

Air Quality

Seemingly clear on most days, air quality in the Santa Clarita Valley is at times unhealthful and may contain toxins not detectable by casual observation. At such times, strenuous physical activity is not recommended.

Activity **modifications** will be made according to particle readings reported by the South Coast Air Quality Management District.

On the web, visit: www.aqmd.gov

Medical Limitations

Please provide our school Health Assistant with detailed information regarding **any condition (including asthma)** that may limit your child's complete participation in P.E. class. A modified physical education program will be provided for such students.

Parents, it is important to note that medical notes from home are valid for up to 3 days. Beyond that a doctor's note is required that states **exactly** what the student can and cannot do. Students with injuries that limit participation more than 3 consecutive weeks may be placed in another elective.

Parent Note:

- Excused for 1 – 3 days
- Complete Article Review Write-Up
- Must make up assigned work

Physician Note:

- Excused for 4 days or more
- Complete Research Assignment
- Assigned work is excused

Class Absences/Make-Ups

All **missed** work must be completed. **Classroom worksheets, projects, and quizzes** should receive the highest priority as these may be assigned once a week. Students do not need to make-up daily participation points. **Fitness Log Homework** must be kept up to date. Fitness Logs turned in late due to an excused absence will not receive a late penalty but must be turned in upon returning to class. All **Personal Fitness** assignments (Rio 25, Mile run, and Rio Walk) must be completed (see the make-up schedule below), except in cases of long term absence due to injury with a doctor's note. Always **submit your best work**.

Personal Fitness Make-Ups *Every TUESDAY @ 7:10 AM and 2:10 PM

Locker Room Facilities

Individually curtained shower stalls with hot and cold running water afford students the opportunity to revitalize themselves after their favorite class. **Note that showering is optional and students must provide their own towel.** Due to limited space 7TH graders will be chosen at random to share lockers. **NO AERSOL spray cans of any kind are allowed in the locker room or at school including Axe, Tag, spray deodorant etc...** If found they will be confiscated and not returned. **NO GLASS CONTAINERS** are allowed in the locker room including perfume, body spray etc..

Locks and Lockers

All Rio Norte P.E. students will be assigned a locker along with a school-issued combination Master Lock. This is the **only** lock that may be used to secure your locker. All other locks will be removed and discarded. Please keep the lock in good working order, as it will be returned at the close of the school year. Lockers must be kept clean and free of any stickers, shelves, mirrors, photos, and all other attachments. At year-end, each student will clean and detail their locker for inspection. Students who lose their locks will be charged a \$5.00 replacement fee.

Backpacks

While there is no size restriction for student backpacks, all must fit inside the individual's P.E. locker. Items that cannot be secured inside the locker must be brought out to class and become the responsibility of the owner.

We offer the following useful information:

- Lockers measure 12" W x 12" D x 24" H
- Rigid backpacks w/wheels = tougher fit
- Save room for school clothes, lunch, etc.

Following Protocol

Students that do not follow locker room protocol will be referred to the office and entered into the school's progressive discipline system. Subsequent infractions will result in higher level consequences.

Consequences will be assigned for all behaviors that cause any degree of harm to self, others, or the Rio Norte locker room facility. THIS MAY INCLUDE:

- HARASSMENT OF ANY KIND - PHYSICAL CONTACT
- EXCESSIVE NOISE - LITTERING - THROWING ANYTHING
- FOOD OR DRINK ITEMS OUT OF BACKPACK
- CHEWING GUM - THEFT – TAMPERING
- POSSESSION OF BREAKABLE ITEMS
- LACK OF COOPERATION

About Our Teaching Staff

Each member of our teaching staff is fully credentialed to teach physical education by the State of California. We believe that Rio Norte students are exceptional in every way and deserve the very best educational experience on the planet. It is this truth that motivates us to provide a comprehensive, challenging, and rewarding program.

Teachers have the right to enter grades at own discretion.

We actively participate in modeling appropriate personal health and wellness. We often venture way beyond our student's expectations and it's likely you'll notice this unmatched degree of teacher dedication is commonplace at Rio Norte. We bring passion to our profession. Thank you for choosing Rio Norte ☺

Please feel free to contact us at either of the following:

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