

Welcome to Back to School Night




PE Staff

- Mr. Sbranti
- Mr. Hartwig
- Mr. Alexander
- Mrs. Najera
- Mr. Torres
- Mr. Evanson
- Mr. Cotter
- Mrs. Garcia
- Mrs. Coniglio

9th grade Curriculum

- Focus is on Team Sports
 - Football
 - Ultimate Frisbee
 - Soccer
 - Softball
 - Volleyball
 - Basketball
 - Weight Training
 - Swimming
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Written Project

- Observation and Evaluation
 - Students will apply knowledge of biomechanical principles to improve performance.
 - Example: Agility, Balance, Coordination, Power, Speed, and Reaction Time
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10th Grade Curriculum

- Focus is on Team and Dual Sports
 - Tennis
 - Badminton
 - Pickle Ball
 - Weight Training
 - Swimming
 - Basketball
 - Soccer
 - Football
 - Archery

Freedom PE Attire

- Navy blue shorts
 - Grey T shirt
 - Socks
 - Athletic shoes with laces
 - Sweats are allowed during colder months
- **To prevent theft, it is strongly recommended that you put your name on all PE attire

Picture of PE Uniform



Locker Room Rules

- Lockers and lock combinations are not to be shared or traded
- All items must be locked in a locker
- Freedom High School is not responsible for lost or stolen belongings
- Students may use the long locker during the period only or their items risk being removed
- Fines for lost locks are \$6.00
- Students will be kept in the locker room until the 7 minute bell

Grading

- FHS students need two years of Physical Education to graduate
- Each day the students earn 10 points for Employability
 - Dressing out correctly
 - On time
 - Fully participating
 - No jewelry

- 9th and 10th Grade Core

- Participation/Employability 80%
- Skill Evaluation 10%
- Cognitive/Written Project 10%

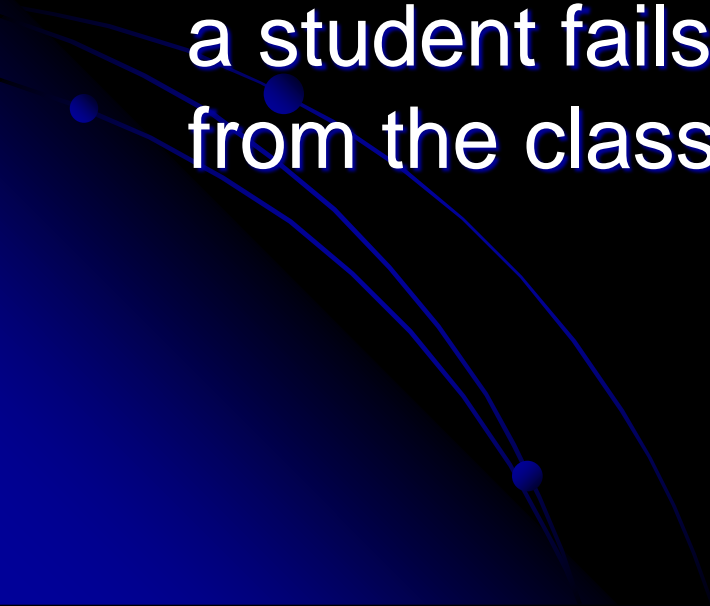
Elective Classes

- | | |
|-------------------|-----|
| Participation | 90% |
| Skill Evaluation/ | 10% |
| Cognitive | |

Non Participation and Non Suits

There are disciplinary consequences for each non-participation / non-suit

After 6 non participations / non suits
a student fails PE and will be dropped from the class for that semester



Jewelry Policy

- District Policy
- For safety reasons, NO JEWELRY is to worn, the students must remove ALL their jewelry to participate
- If they choose not to remove jewelry they cannot participate and will only earn 2 out of 10 points in addition to a Non Participation Referral
- Please do not allow your child a new piercing during the school year, wait for Summer so it has time to heal

Parent note and Medical excuse

- Students may be excused from participation with a parent's note for a maximum of 2 PE periods.
- After 2 classes, a written medical note from a doctor is required.
- It is necessary for the doctor to explain in detail what activities can or cannot be preformed, and for how long.
- The student is still expected to dress out in their PE attire.
- Students will have the opportunity to make up the loss of participation points at the end of the quarter at PE Make Ups.
- A medical note which prevents a student from all participation in PE for 6 weeks or longer, will be recommended to their counselor and assistant principle for class reassignment

Wednesday PE Make Ups

- Each quarter the students will have 6 opportunities to make up their excused missed points before and after school on the last 3 Wednesdays of each quarter.

- Must be in proper PE attire and on time

Times: Regular Day 7:30 AM & 3:10 PM

PDD Day 8:50 AM & 3:10 PM

- Quarter 1 :

9/11

9/18 PDD

9/25

- Quarter 3:

2/26 PDD

3/4

3/11

- Quarter 2:

11/20

12/4 PDD

12/11

- Quarter 4:

5/13

5/20

5/27

Thank You for Coming

