



# El Dorado High School

## LIFE FITNESS GUIDE

### **GRADUATION REQUIREMENTS:**

Students must pass 2 years (20 credits) of Life Fitness in order to graduate. Life Fitness 1 and 2 will participate in fitness, strength training, aquatics, team sports, individual sports, and dance & rhythms. Students will learn about the effects of physical activity on dynamic health and biomechanical principles of human movement.

### **GRADES:**

- **Participation 70%**

To earn maximum points, students must be dressed for class in the EDHS uniform, on time, give full effort for the entire period, finish runs under the allowed time, and follow all class rules.

- **Tests 30%**

Skill and physical assessments are given in Life Fitness class. Failure to pass these tests will result in a lower grade. All missing tests must be completed. All PE make ups must be completed prior to finals week.

### **BEHAVIOR:**

Students are expected to be on time, courteous, respectful, prepared, and ready to fully participate. Profanity and defiance will not be tolerated. Students who refuse to follow class rules will have their grades lowered, assigned detention, and/or sent out of class with a referral.

### **CELL PHONES / NON-EDUCATIONAL ELECTRONIC DEVICES:**

The use of cell phones and non-educational electronic devices is strictly prohibited in ALL Life Fitness classes and facilities, including locker rooms and restrooms. Students who refuse to follow this rule will have their devices confiscated and turned into the office.

### **UNIFORMS:**

Life Fitness uniforms will be available through the Life Fitness Department. If a student cannot afford to purchase one, then the EDHS PE Department will supply the student with one. **Wearing your own PE uniform is mandatory to attend Life Fitness Classes – NO EXCEPTIONS.** Uniform also includes:

1. EDHS Life Fitness shorts and T-shirt with your name (*this will be done by your PE teacher*)
2. Athletic shoes
3. Cold weather option – Sweatshirts and sweatpants can be worn over the PE uniform. (*Students are required to show uniform at roll call*)

Life Fitness uniforms are to be worn only by the owner. Students who choose to wear another student's uniform will be sent to the office for disciplinary consequences. The uniform may not be altered or written on in any way. If any part of the Life Fitness uniform is lost, the student must replace it immediately. Failure to do so will affect a student's grade.

### **LOANER PE CLOTHES:**

Students are expected to wear their Life Fitness uniforms every day they have class. If a student forgets their uniform, they will be provided a "loaner" uniform for the day. However, if the use of loaner clothes becomes an excessive habit, a meeting will be scheduled with the student, the Life Fitness teacher, and the Assistant Principal to discuss the matter. Additionally, a phone call home will be made to ensure that parents are informed and supportive of efforts to address the issue. If a student becomes defiant or refuses to wear the loaner uniform, they will be referred to the administration for further action. Our goal is to maintain consistency and accountability in class expectations, ensuring all students participate safely and appropriately.

**MEDICAL EXCUSES:**

Students who are ill or injured must communicate with their teacher before warm-ups to determine appropriate participation for the day. An ill or injured student in street clothes will be considered a non-suit and given no credit. A student with an illness or injury for 3 consecutive days or more, needs to return our **El Dorado Union High School District Physical Education Medical Modification Form** ([available on the EDHS School website](#)).

If a student has asthma, a Doctor's note and the district asthma form, completed and signed by the Doctor, is required. The District asthma form must be on file in the nurse's office.

**LOCKS AND LOCKERS:**

Students will provide their own combination lock. A "master" brand combination lock is highly recommended. Key locks are strongly discouraged. Each student will be assigned a locker - students are NOT allowed to share lockers. PE teachers will engrave the back of each lock with the student's ID number. Lost locks must be replaced immediately. Do not keep gym clothes in an unlocked locker. A locked backpack cage is available during the period for any items that are too big for your locker. Do not share your locker, lock, or combination with anyone else. EDHS and the Life Fitness Department are not responsible for items damaged, lost, or stolen from students' lockers or the backpack cage. Lock up all personal belongings! Do not leave anything out and unprotected. Please leave all valuables at home!

**Teacher Email:**

\_\_\_\_\_@eduhd.k12.ca.us

**Teacher Phone #:**

(530) 622-3634 ext: \_\_\_\_\_

**OFF LIMITS:**

Students are not allowed in any Life Fitness facility without a teacher present. This includes the teacher's offices, weight room, gyms, dance or wrestling rooms, swimming pool area, tennis courts, and storage areas. Stay out until a teacher arrives. The locker rooms are off-limits throughout the day except for passing periods. Students caught in the locker room will be referred to an Assistant Principal.

**TARDIES:**

Students must be in the locker room before the tardy bell rings. Students are allowed 5 minutes after the tardy bell rings to dress and meet at roll call location. Tardies affect participation points and grade.

**ABSENCES:**

Students are required to make up all missed class time. Absences for any reason are considered missed class time, and students will receive no participation points. Failure to make up absences will lower your grade.

**FLEX TIME (MAKE-UPS):**

Flex Time is an embedded intervention period. This period will give students time during the school day to relearn missed concepts and information, practice necessary skills, and pursue co-curricular enrichment activities. Tuesday through Friday students will have 40-minute sessions to access PE remediation and/or enrichment activities. This is a class period-Students are required to dress in their PE uniform. Not attending Flex Time is the same as not showing up to PE class-you will be marked absent.

**CUT LINE:**

At the end of class, students must stay behind the clearly marked "cut line". If students cross the line, they will be marked with a cut and sent to the administration office for discipline.

**ATHLETES:**

All EDHS Student-Athletes are required to dress and participate daily, including on game days. Athletes who fail to participate will receive 0 points and their coach will be notified.

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**PLEASE SIGN AND RETURN TO TEACHER**

I have read and understand the El Dorado Life Fitness Guide and Department policies. I know if I have any questions I can ask a Life Fitness teacher for more information @ (530) 622-3634

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

(Please Print Clearly)

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

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