

PHYSICAL EDUCATION / P.E. CLOTHES

To fulfill the requirements for high school graduation, students must take two years (four semesters) of Physical Education (P.E.). In addition, they must pass 5 out of the 6 components of the California State Physical Fitness Test (as discussed above). P.E. is typically taken in the 9th and 10th grades. If a student is unable to pass 5 out of the 6 components of the Physical Fitness Test, the student will be required to take a P.E. class each semester until they pass.

For safety reasons, students are required to change into appropriate clothing for their Physical Education class. Appropriate clothing includes the following:

- Shoes: Closed toe sneakers with laces or Velcro.
- Shirts: ECR logo P.E. shirts or plain white t-shirts with no logos or design.
- Shorts: ECR-logo shorts or royal blue sports shorts.
- Cold weather gear: In the event of cold weather, the student may wear any ECR logo sweatshirt or plain grey (no logos) sweatshirt OVER their P.E. shirt. In addition, they may also wear plain grey sweat bottoms OVER their shorts, or black leggings UNDER their shorts. The “sweats” may not be worn in lieu of the P.E. shirt and short uniform.

Students may purchase ECR logo P.E. clothes from the Student Store or online at <http://store.ecrchs.net/>. P.E. clothing purchased are the property of the student to keep.

Upon request, ECRCHS will provide students a set of “used” ECR logo P.E. shirt and shorts to wear during P.E. class. Students will be required to return the provided clothing at the end of the school year; failure to do so may result in a fine. If you would like a set of used ECR logo P.E. shirt and shorts, please have the student ask his/her P.E. teacher or contact the Department Chair Lori Chandler at l.chandler@ecrchs.net.