



PHYSICAL EDUCATION

Coaches: Raul R. Servin (Coordinator)

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Tomas Ramos

SUPPLIES

Uniform- Jones P.E. shirt or solid grade level color shirt. Black shorts for all grade levels. P.E. shirts and shorts will be sold in class at \$10 each. No spandex shorts for girls but leggings are okay.

6th grade shirt color- white

7th grade shirt color- yellow

8th grade shirt color- black

Tennis shoes- NO FLIP FLOPS OR CROCS – athletics/tennis shoes must be worn.

Socks are highly recommended for working out.

Deodorant/body spray- is recommended in an unbreakable container.

P.E. bag- small backpacks or small bags that will fit inside lockers. Please bring lock for your locker. Locks will not be provided. DO NOT SHARE lockers with your fellow classmates.

Sweats or warm-ups- Black or gray sweats may be worn when participating in an outdoor activity in cold weather.

CURRICULUM

The purpose of physical education is to give you some daily exercise and more importantly the knowledge and skill to maintain a healthy lifestyle throughout your lifetime. You will have the opportunity to participate in a variety of team and individual activities and activities designed to help improve and or maintain your fitness level.

GRADING SYSTEM

FORMATIVE

- 1. Daily Performance Score- 50 points**

Being seated when taking role is a MUST! Not being seated when role Taken means you are not participating correctly. Your performance score is a daily grade based on the quality of your participation during the class period. Your active participation, effort, sportsmanship, and preparation for class are evaluated daily. If you cannot participate due to illness or injury, you need to dress out and pay close attention to daily instruction.

SUMMATIVE

2. Cognitive and Psychomotor Score-50 points

This section is a combination of skills test and written test. Skills test may be given during the nine weeks so you can demonstrate your level of mastery of the basic skills and proper form involved in the activity or sport you participated in during the grading period. Written test may be given so you can demonstrate your level of understanding and mastery of the material and concepts covered during the nine week period.

DRESSING REQUIREMENT

Dressing for activity on a daily basis is a REQUIREMENT of physical education. Proper clothing and footwear allows the student to do more and participate freely and safely. Please follow the guidelines for P.E. supplies. If a student is not appropriately dressed or forgot his/her clothes for activities:

1st offense- Points will be deducted from his/her grade and a warning. Student will still be expected to participate in class activity.

2nd offense- Points will be deducted from his/her grade, parent contact will be made. Student will still be expected to participate in class activity.

Anytime after the 2nd offense for the rest of the nine weeks- Points will be deducted from his/her daily grade, parent contact will be made and an office referral will be written.

CITIZENSHIP GRADE

Following class norms and being polite and helpful to your classmates and teachers result in an "S" or "E". Breaking school or class norms (chewing gum, eating in the dressing room, fighting, stealing, cheating, dangerous horseplay) or being disrespectful to other students or teachers will result in an "N" or "U"

EXCUSES FOR ILLNESS/INJURY

If you are ill or injured, bring a written note from your parent/guardian stating the reason you should have limited activity or should not participate. To be excused from activity for MORE THAN 3 CONSECUTIVE DAYS, a doctor's note is required.

SECURING YOUR VALUABLES

ALWAYS SECURE YOUR LOCKER AND NEVER SHARE LOCKERS

**** COACHES ARE NOT RESPONSIBLE FOR YOUR CELL PHONES OR ELECTRONIC DEVICES. IT IS YOUR RESPONSIBILITY TO LOCK THEM UP.**

