

Welcome to Middle School Physical Education
Mr. Jones
(951) 672-2400

Dear Parent/Guardian,

Welcome to my physical education class! My name is Perry Jones and I will be your child's physical education teacher. My goal is to provide your child a non-threatening environment that will enable them to learn movement skills as well as have a chance to grow socially, emotionally, and gain movement knowledge. I believe each child can be successful in my physical education class. With the help of the community, parents, guardians and staff I believe we can achieve these goals. In addition our physical education program promotes physical confidence and body in space awareness and connection. If you have any concerns please contact me via email at pjones@sra.mn.

Course Goals and Expectations for 6th, 7th and 8th-Grade

This class is designed to meet the California Physical Education Content Standards. In 6th grade the emphasis is demonstrating cooperative skills in achieving a common goal. For example, if students were playing basketball they would work cooperatively to win instead of blaming each other for mistakes. In 7th grade the emphasis is risk taking during participation in individual/dual activities. For example, the student instead of going for easy points during an activity they would try to go for the more challenging points. In 8th grade the emphasis is using problem solving techniques during team sport activities. For example, in basketball if the students know that the other team has slashers they might want to play a zone defense.

Curriculum

Introduction Activities
Hockey
Volleyball
Flag Football
Softball
Basketball
Soccer
Fitness
Speedball
Frisbee
Fitness Testing

Grading

Performance of movement skills.....20% of grade
(Skills Test)
Knowledge of movement skills (written test on skills).....20% of grade
Fitness20% of grade
Social skills/Participation...(10 point daily scale).....40% of grade

(Lose points for talking, not following directions, tardiness and not participating.)

Not making the passing running time in warm-ups results in a loss of 2 points. However, if a student is one minute off the passing time it will result in a loss of 3 points. Every additional 30 seconds will result in a loss of an additional point. Students with health issues please let me know so I can adjust your passing time.

Grading System

A= Excellent	90%-100%
B= Very Good	89%-80%
C= Satisfactory	79%-70%
D= Needs Improvement	69%-60%
F= Unsatisfactory	59%-0%

Non-Suits and Partial non-suit

Every day you will be expected to dress out. On formal dress day the first 4 periods will not dress out so their formal clothes do not get wrinkled. If you do not bring your P.E clothes you will receive a zero for the day. However, you may participate for half credit with your school uniform if you wish to do so. If you forget your shirt or your shorts you will receive 6 points for the day. If you are non-suit for 2 days in the 6 week grading period you will receive a detention for lack of responsibility.

1st Non-suit: Zero for the day

2nd Non-suit: Zero for the day and detention

Non-suits will reset monthly

Absences

P.E is a participation based class. If a student is absent they will need to turn in an absent activity sheet. Students have three (3) days to turn in activity sheet for P.E credit when they return from an absence or absences. Any activity sheets received later than 3 days after absence will receive half credit. If a student missed a test they will be able to make it up.

Non-Participating Students

Physical education is a state requirement. If your child cannot participate in physical education class due to illness or injury please send a **signed note**. A signed note is **good for two days after two days a DOCTOR'S note is needed**. If your child is not participating in physical education class they will do a food log in order to get P.E credit for the day.

Required Materials

A folder for keeping materials on unit

Water bottle highly recommended for the class

A gym sack for P.E uniform

100% Effort

*Combination lock for locker to secure valuables
(If student does not have a lock for their locker then the P.E department is not responsible for any missing items.)

P.E uniform (Plain white t-shirt, or SRA P.E/Sports shirt and navy blue shorts)

- (Shorts)
<https://www.dennisuniform.com/schools/DSR/Girls/6/005800D6R067>
- (Shirt)
<https://www.dennisuniform.com/schools/DSR/Girls/6/053800D4R119>
- Optional: SRA cap or all navy blue cap, sunglasses all black, navy blue sweats for winter.
- Athletic shoes (Any color is fine for P.E only)

****Please visit Dennis Uniforms****

Physical Education Rules

1. Listen when the teacher is talking and follow directions.
2. Be respectful towards teacher, others and self.
3. Keep your hands to yourself.
4. Take care of equipment.
5. Wear athletic shoes to physical education class.
6. All disputes during activity will be resolved with rock, paper, scissors.
7. Follow school rules.
8. No one is allowed to touch Coach G's Ipod or music speaker.
9. Do your BEST!

The Big 3 rules: Listen, Be Kind, Do Your Best!

Discipline and Behavior

- 1st violation = Verbal warning
- 2nd violation = Time out from activities/loss of points on grade/walk the track/lunch detention
- 3rd violation = After school detention and a talk after class
- 4th violation = Stay in library to do written assignment for P.E. and/or phone call/email to parents/guardians
- 5th violation = Referral to principal

Tardiness

The outside doors of the gym will be locked for the safety of students. Try to do your best to be on time. If you are not on time you will be locked out of the gym and will not be able to dress out in the locker room. Excessive tardiness will result in a loss of points.

Classroom Routines

Beginning of Class

- Walk to the south side of the gym and line up in a single file.
- While waiting no horse play, stepping on the planters, touching cars

- Walk inside the gym quietly and stay off the walls.
- Walk into the locker room, put your possessions in your locker.
- Get dressed.
- ___ If outside we will sit on the bleachers or the curbs on the black top for role call. If inside the gym we will sit on the baseline for role call.

During Class

- ___ When teaching or directions are being given, you may not leave to go to the bathroom. While instruction or directions are being given everyone will be close together and everyone will listen. If the class is not listening they will be asked to sit or take a knee.
- ___ When we are in our activities do not ask me to get a drink of water because everyone is allowed to bring a water bottle. If it is extremely hot I will provide everyone a chance to get a drink of water during activities.
- ___ If you have a question regarding the activity please raise your hand and I will answer the question(s).
- Listen for instructions when it comes to getting and using equipment.
- ___ When the whistle is blown stop, look for Coach G and listen.

At the end of Class

- ___ If a handout is being passed out you may not leave until you receive one.
- If equipment needs to be picked up bring equipment to me and once all equipment is picked up we will start walking back. No one just leaves.
- We will walk back to the gym and you will dress back to your SRA uniform.
- Once everyone is dressed and there is 5 minutes left for the first bell to ring I will dismiss you to your next class.

Class Behavior

- ___ If the class is not listening at all we will simply run the mile or do fitness the next day.

Bathroom Use

Students may use the bathroom in the locker room while we are dressing out. If you need to use the bathroom during our activities ALWAYS notify me. Only one person can go to the bathroom when class has started. Excessive use of the bathroom during class time will result in losing participation points due to missing class activities.

Cheating

Cheating WILL NOT be tolerated. Students caught cheating on written tests will automatically receive a zero on the test, parents will be contacted and a referral to the principal will be given.

Parent Communication

- Appointments can be scheduled with me. If you would like to schedule an appointment, please call the office and have the secretary leave a note in my mailbox (Ms. Ault) with your name and phone number. I will

return your call by the next school day, at the latest to confirm the appointment.

- If you would like to know your child's progress at any time please email me at mault@sra.mn please include your child's name. Please allow 1-2 days for me to respond.
- I hope you will be as involved as possible. If possible be physically active with your child in order to reinforce the importance of physical activity. Please talk to your student everyday and ask to see if they are studying the material for the unit we are on.

If you have any questions, please feel free to contact me at anytime.

Ms. Ault

If both student and parent understand the above expectations and policies, please sign below and return the sheet to Ms.Ault. Thank you!

Student Name:

Medical Conditions/Needs Teacher Should Be Aware Of:

(Any doctors notes of any type please make sure the front office has a copy of the note/knows about the medical condition as well)

Student

Signature: _____

Parent

Signature: _____