



**C.E. Utt
Middle School
6th Grade
Physical Education
"Survival Guide"
2016-2017**



September, 2016

Dear 6th Grade Families:

Welcome to C.E. Utt Middle School Physical Education!!

I want to introduce myself, and give you a little "Middle School P.E. Survival Guide."

Your Teacher

My name is Brandee Lara Barnaby, "Ms. Lara," and this begins my 29th year in public education. I taught high school P.E. and dance, and coached h.s. track and badminton, as well; I taught 4th grade at Veeh for four years, and have been at Utt since 1999, where I've taught P.E., dance, and coached volleyball, track, soccer, and intramural volleyball and basketball. I have a teaching credential in physical education (among others), and a master's degree in dance, with a specialization in dance and movement education. I've also been on the dance faculty of Chapman University for 19 years. My favorite physical activities include dancing (rhythm tap and jazz), Pilates, going to the gym, mountain bike riding, water sports and even a little *Capoeira!* My two grown-up and active sons are 38 and 25 years old, and my younger one spent his 6th grade year right here at Utt!

My prep time is during 5th period, and I am best reached either then or before school. My best "after-school" days are Tuesdays, Thursdays and Fridays, and I am always available via e-mail at blara@tustin.k12.ca.us or bbarnaby@tustin.k12.ca.us

I check my e-mail regularly! When you call by phone, you can leave a message on my own voicemail, at extension **84-207**. Obviously, it is difficult to return calls or have meaningful conversations during the school day, so I will return your call as soon as it is practical. *Again, e-mail is better during the school day if you need me to get back to you sooner.*

Middle School Physical Education

I know that 6th grade marks a huge transition in your child's life. P.E. class at the middle school level is like nothing your child has experienced in their academic career so far.

Furthermore, PE, just like other subjects, has gone through many changes lately; in many ways, it has become more rigorous. But more than anything, it has become more relevant; more inclusive, and lots more fun! Today's PE class includes instruction, not only team sports, but also fitness, healthy food choices, and recreational activities. We want students to explore a variety of activities in hopes they will find something they can incorporate into a healthy life-long lifestyle!

The Standards

Most parents tell me they had no idea that physical education had standards to teach to, and mandated testing. Well, it does! Yes, we have a number of specific skills and concepts that students are expected to master at each grade level. You can read "Physical Education Model Content Standards for California Public Schools" online at <http://www.cde.ca.gov/re/pn/fd/documents/pestandards.pdf>. Here at Utt, we offer a variety of challenging and fun units to meet these goals.

Class Expectations

Physical Education class is a favorite of many Utt students, and I believe the reason for this is that *we run a tight ship that creates an atmosphere where all students feel safe and secure.* That is the number-one priority. We expect students to behave in such a manner that allows all of the P.E. teachers to teach, and all of the students to learn.

Why Uniforms?

We are so fortunate to live in a place where students have the chance to change into "play clothes" before they go out and get dirty and sweaty! It's always a disappointment to students if they forget their uniform, and have to work out in their nice, clean school clothes. Also, participating in an activity that requires a "uniform," and being responsible for that uniform, is a great rehearsal for adult life, as we all know. We have uniforms available for sale, or students may wear a teal color t-shirt and black elastic-waist athletic shorts that they can put their name on.

Daily Routine

Students enter the locker rooms before the tardy bell. They have approximately five minutes to "dress out." After they do, they report to their numbers for roll-call. After roll, students have a daily jog to warm-up the muscles. This can vary from running to the edge of the blacktop, to a $\frac{1}{2}$ mile loop around the field or to our NEW GYM! After warm-up, they have daily stretches and/or strength-builders. From there, we go to our main activity. When the "dress-out bell" rings, students again have five minutes to get dressed before passing period to their next class. (Will

you be surprised if I tell you that the *girls* usually take longer? 😊)

Grading

Our grading method is typical of most middle schools across the nation. It is a points-system based *primarily* on preparedness for class; responsibility; participation and effort, and sportsmanship/citizenship. **Grades will be updated online approximately every three weeks**, as that is the length of most of our units. The BEST, most up-to-date way to find out how your student is doing, is to email or call me. Also, your and you can check grades on Aeries, or ask me on any given day how many points they have/what their grade currently looks like.

In 6th grade, PE grading is based *primarily* on appropriate participation and effort, which includes proper demonstration of team work, knowledge of game rules, appropriate physical education attire and good sportsmanship.

For some units, students will receive 1 point per day that they are present, dressed in appropriate PE clothes and participating appropriately per the above guidelines. For example if a dance unit is 6 days of participation and a student is present, dressed out and enthusiastically participating, he will get 6 points. If he is absent one day, he would receive 5 points.

For other units, students' grades will be based on a skill set presented to them in a rubric. For example, in a basketball unit that is worth 9 points, 2 points may be for demonstration of correct passing skills (chest, bounce, overhead); 2 points for shooting skills (set shot, lay-up); 2 points for knowledge of rules and 3 points for participation and effort.

In any case, **students may ALWAYS make up any points they need**, or even just **earn extra points** that they desire, by choosing to take part in any of the "extra credit" opportunities the PE Department recognizes. These include writing a report on any subject related to a healthy lifestyle, sport or activity (1 point per *handwritten* page); taking part in a charity run or walk (like TPSF's Dino Dash); coming in the morning to help set up for the day, etc. (The complete list is on a separate page).

Citizenship and work habits marks are affected by a student's effort, participation, sportsmanship, attitude, locker room behavior, proper PE clothing, etc.

Grades are updated on Aeries approximately every three weeks; not daily, as PE units are usually around three weeks long, and each teacher has more than 300 total students. If you are curious about a grade that you don't see on Aeries, please send me an email or give me a call.

In short, students take ownership of their physical education grade, as they are in complete control of it if they use the opportunities presented to them. All students have an equal opportunity to be successful in physical education all three years at Utt Middle School.

Insight on 6th Graders

OK...this could be a book! 😊 But I just want to give you some pointers to make your 6th grader's PE life easier!:

- **Morning PE Classes:** One problem we often have with students not used to physical activity in the morning is stomach upset, or fatigue. And the number one cause of this is a lack of a healthy breakfast. *Please make sure your child is eating a healthy breakfast that does not*

contain a lot of fried foods or sugar, as these are the biggest culprits in the tummy-troubles in morning PE.

- **Locks and lockers:** This is tough business! They're in a crowded locker room, with lots of people (most of whom are older), and on the clock! *No pressure!* Be assured that the entire P.E. faculty is aware of this and we are here to help! The biggest problem is unlocking the lock. We will give them extra time and even a 7th or 8th grade personal helper if we are aware of their needs; **BUT, we won't know if they don't tell us!** So please ask your student how the whole "lock thing" is going. **Tell them to let us know if there is a problem, and NOT to be embarrassed!!!**
- **Combinations:** The locks are like any other standard combo lock, and work *R-L-R*, so feel free to offer help at home with any lock you might have around. We ask the students to write their combo (not their locker number) in their *Binder Reminders* so they will always have it with them!
- **Securing Belongings:** When your student enters the locker room, they are to put their backpacks and street clothes in a "big locker;" remove their PE clothes from their own locker, and **LOCK** up the big locker. When they return from PE class, they are to put their PE clothes back in their own locker, and **LOCK** it. Please remind your student to take the time to **LOCK UP THEIR BELONGINGS!** Obviously, we cannot be responsible for lost articles. We do have a Lost and Found in each locker room, and we send personal articles to the all-school lost and found.
- **Uniforms, etc.:** Your student will bring it home on Fridays to wash, and it needs to come back to school on Monday. We stress to students that the *"My mom forgot..."* story is getting old! They **need to think of their uniform just as they do a textbook: it is necessary for their effective learning in class.** If a student loses or forgets to bring their uniform to school, we sell used, clean uniforms for \$2.00 per piece. **In their locker, they should have:** PE uniform w/ name on both pieces; PE (athletic) shoes; sweat pants and a sweatshirt (*preferably w/ NO ZIPPERS*); solid deodorant; sunscreen; and possibly a back-up uniform, which can be one of our used ones (especially recommended if your student has more than one residence). All belongings should be labeled w/ NAME.
- **Locker Rooms:** *Students are not allowed to be in the locker room alone.* Students are **not allowed to bring food or drinks** (other than water) **into the locker room**, as it **WILL** attract a lovely variety of insects large and small! (**YUCK!**) Also, **no glass containers, aerosols, or spraying of fragrance/use of perfumed lotions, as some students have perfume allergies.** Encourage your student to let us know if they notice anything that seems suspicious, or that they know is not allowed. They can tell us privately, of course! We all need to work together!
- **P.E. Instructional Units:** Don't worry if your student isn't particularly athletic! *Seriously!* Because the new standards stress lifetime fitness, virtually every student will have the chance to experience something they will really, truly enjoy! Our students really love our P.E. program, and the 6th graders soon find they have nothing to worry about!
- **When it's hot/When it's cold:** YES, students may bring water with them to P.E. class!! (FYI, the 6th graders often have their water *downed* before they even start their activity; just a heads up! 😊) Again, we strongly recommend sunscreen. On the rare occasions that

it's cold (and this is usually in the morning), students may wear SWEATS and SWEATSHIRTS over their PE uniform. This way, they can remove the extra layers as they warm up while exercising.

- **When they're sick/When they're injured:** Write a note if your student is injured, or too ill to participate in PE. They will **STILL DRESS OUT**, and be given an alternate activity like refereeing, or scorekeeping, etc., depending on their individual needs; that way, they are still getting credit for participating that day! Students with an **illness or injury that goes beyond 3 days, must have a doctor's note**. Long-term illnesses and injuries will be handled individually, and with the administrative staff's advice.
- **Communication:** Please remind your student to **TELL ME** if they ever have a question or concern or just need to talk! Also, if they have an injury, etc., tell them to *remind me*, as PE classes are large, and it is sometimes hard to recall all of the special circumstances, especially if, for instance, I get a message in the morning regarding a 7th period student. Thanks!

Whew! I sure hope I covered everything! If you still have any questions after reading this, please, please contact me! Also, if there is anything that you think I should know about your student, please send me an e-mail. (Just FYI, we are alerted via the school nurse to medical conditions that you have already indicated on your student's health card) And please come and visit PE class! All you have to do is swing by the office, sign in and pick up a "Visitors Badge." Trust me, all of this makes a lot more sense when you see it in action! (Besides, where else will you get the chance to hear a locker room full of middle-schoolers at about 100 decibels???) 🙌😊🙌)

I look forward to a wonderful year working with your student!

Sincerely,

Brandee Lara Barnaby

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bbarnaby@tustin.k12.ca.us

(714) 730-7573, ext. 84-207

UMS PE Staff:

Ms. Brandee Lara
6th Grade

Mr. Patrick Erickson
7th Grade/Athletic Director

Mr. Rey Halili
8th Grade/Athletic Director



Extra Credit/Make-Up Lost Points Credit

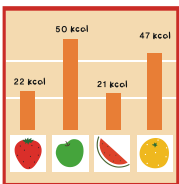


REMINDER: You can MAKE UP any points that you lose!!! YOUR GRADE IS UP TO YOU!!!

1. Write a report on ANYthing health, fitness, sports, healthy lifestyle-related. Do your report on something that INTERESTS you! 😊
(1 point per **HAND written** page. Please include a works cited/sources page.)
2. Perform a presentation on any of the above subjects
3. Any charity walk or run (CHOC Walk, Revlon, Avon, Dino Dash).
4. Help with Set Up in the Morning.
5. Attend the P.E. Priority NEST Day each month to make up your mile; do better on your mile, or do an EXTRA CREDIT mile.

Have another idea? Just ask! It's probably a GREAT one! 😊

Questions? Ask your P.E. teacher.





Print Out and Return This Page and receive 1 PE point!
(PLEASE WAIT UNTIL Ms. Lara says to start bringing them in 😊)

My parent(s)/guardian and I have read the 6th Grade Physical Education Survival Guide, and have it in a safe place at home for reference.

I understand that when I return this page, signed and dated, I will receive 1 P.E. point.

Student **Last name, First name**

Class Per.

Roll Call#

Student Signature

Parent(s)/Guardian Print Name(s)

Parent(s)/Guardian Signature(s)

Date