

8th Grade Physical Education

Mr. Booth

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Physical Education

This will be a new experience for me and for the students. My goal is to provide activity to break up the day and keep students active. Physical activity helps relieve stress, fun and social, boost immunity, and prepare students to learn.

Students will be expected to:

- come to class expecting to move
- wear clothes and shoes that allow movement
- have water readily available
- have pencil, paper and their sportfolio (If you did not get a copy of the CHJHS Sportfolio when registering, one can be picked up in the office or a digital copy can be downloaded from my website.)
- students should have adequate space to move.
- Enter Google Meet on Mute!!!

Google Classroom:

- I will use Google Classroom for instruction and Aeries for grades.
- Assignments will be posted and submitted on Google Classroom.
- Assignment due dates and instructions will be on Google Classroom.
- Feedback will be given on Google assignments, when appropriate.
- If you have trouble logging into Google Classroom, please contact the Technology Support Hotline at (909)628-1202 X1080
- Use Aeries for current grade information.
- Please be sure to use the my District Email to communicate.

Grading:

- Grades will be updated weekly and will be posted on Aeries
- Grades will consist of: daily participation, classwork/homework, quizzes, & fitness logs.
- Grades are weighted. 60% of the grade will come from assessment and 40% will come from classwork/homework and participation.
- Online class behavior can impact participation
- **It is important that students turn work in on time.** It is difficult to stay up to date on grading and providing students with accurate grades if work is not turned in on time.
- Students will be expected to do 3 days of activity independently and 2 days in class. This activity, along with the class activity should be submitted online on the fitness log. This is subject to change, as needed.
- Students will also earn a mark for citizenship and work habits.
O= outstanding
S= satisfactory
N= needs improvement
U= unsatisfactory

Communicating:

Students may come to Office Hours if they need help or have questions. I will be on the Google Office Hours Classroom. Please click on the Meet link that is provided on my Classroom Webpage.

I can also be reached via email.

* Email Etiquette-

When emailing please include: student first name, last name, period, and assignment name. (This is helpful as I will have 270 students!)

* Please be polite and professional

* I will make every attempt to respond within 48 hours.

Dressing:

PE clothes will be sold when we return to school. We will send information regarding the PE uniform when we return to campus. For now please wear clothes and shoes that are appropriate for exercise.

BE ACTIVE



8th Grade Physical Education

TEAM Sports

Dear Parents & Students,

The Canyon Hill's Physical Education Department prides itself on providing a challenging, standards based, program that encourages students to do the best they can and work at improving. Students are expected to work to improve their physical health and literacy as it relates to physical education. When we went to virtual learning at the end of the 2019 school year, we heard students say over and over how they realised how much physical activity was helping them to cope during these stressful and sedentary times.

Students at Canyon Hills are expected to:

1. Be able to take their heart rate and determine if they are in their target heart rate zone.
2. They should be able to talk about the five components of fitness and if they are improving in those areas.
3. Students should be able to name the 14 major muscle groups and speak using the academic vocabulary we use and study in class.
4. Students should be able to participate in activities in a positive and responsible way that is respectful of others. Be eager to try new things.
5. Students are expected to improve their fitness level and skills as they progress through their year at Canyon Hills. We firmly believe and data shows that kids who remain physically active do better academically. When meeting with parents, we frequently hear that PE has changed, since they went to school.
6. Have a positive attitude.

Please be sure to participate in activities in a safe manner and under the supervision of an adult!!!

I hope we have a great year together.

Sincerely,
Mr. Booth

Dear Parents,

Please indicate that you have read the syllabus, agree to supervise your child's exercise activities, and provide information about your child by completing this short Google Form.

SYLLABUS Acknowledgment Link:

<https://forms.gle/rkjt9MmCP8Yzt9tx6>

Distance Learning Objective:

- Engage in enjoyable and challenging physical activities that develop and maintain the five components of physical fitness.
- Demonstrate personal responsibility to create and maintain a physically and emotionally safe and non threatening environment for physical fitness.

Distance Learning Expectations

1. Students will check the Google Classroom page daily.
2. Students will complete all assignments and turn them in on time.
3. Students will follow the School Wide Expectations:
Be Safe - Respectful - Responsible
4. Students will be respectful of the abilities of others.
5. Students will demonstrate academic integrity and
6. Turn in their own work, that is accurate.

Families Take the Challenge:

- Couch to 5k
- 100 Mile Club

BE RESPECTFUL - BE RESPONSIBLE - BE SAFE

***Enter Google Classroom on mute *Practice Academic Honesty *Follow the rules of each class *Use approved websites academic purposes *Listen when peers are speaking *Use office hours wisely and bring specific questions you**