

WELCOME TO PE

WITH MR. BRADY



PURPOSE OF PHYSICAL EDUCATION

Physical Education is a vital school subject in which students acquire skill, knowledge, and positive attitudes through participation in a wide range of activities related to the body and its movements. My goal is to promote optimal growth and development in each individual. While physical fitness is a major component, I am also concerned with the intellectual, moral, social, and emotional growth of each student. The department program offers students the opportunity to participate in a variety of motor activities based upon individual needs, interests, and abilities.

NATIONAL PHYSICAL EDUCATION STANDARDS

- 1. Demonstrates competency in a variety of motor skills and movement patterns.
- 2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- 4. Exhibits responsible personal and social behavior that respects self and others.
- 5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

WEEK AT A GLANCE

- Monday- Fitness Run (Mile)
- Tuesday- Sport/Activity
- Wednesday- Make-up Mile Day/Sport Activity
- Thursday-Sport/Activity
- Friday- Fitness/Sport Activity Day

**Schedule subject to change occasionally due to weather or school events


The Fitness Run

- Ran once a week
- Students will be expected to improve their cardiovascular endurance

Sports Units

- 2-3 days of the week the students will participate in sport units
- Skills are explicitly taught, tested and evaluated in the physical education class
- Students are also assessed on active participation during each unit

Fitness Activity Day

- 1 time a week
 - Consisting of various exercises (push ups, mountain climbers, etc)
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GRADING

How will my child be graded in PE?

- Points can be earned daily for dressing out and participation during PE, which will result for 50% of their overall grade
 - Dress Out = 5 Points/ Daily
 - Daily Participation= 5 Points/Daily
- Dressing in the PE uniform daily is essential to full participation, health and safety. Dressing out is graded in Standard 4 and in work habits.
- Additional points (remaining 50% of their overall grade) will be given for unit homework, assessments, progress journals, etc
 - Google classroom will be used to complete homework, readings, and assessments

If my child is unable to participate, how do they earn their grade?

- If they are capable, the student is required to dress out. They will also complete a health and/or fitness related alternative assignment using their Chromebook.

LOCKERS

- Each student is assigned an individual locker- No sharing is permitted
- No food or drinks in the locker room or during PE, water is permitted
- No one in the locker room without teacher present
- If not dressing out, student should not be present in the locker room
- Please refrain from bringing anything you would not want stolen—Keep your locker locked at all times with all your items inside.
- Due to allergies by peers/staff, please refrain from perfume use in the locker room

PE UNIFORM REQUIREMENT

- Athletic shoes – no sandals or boots
- Jewelry must be taken off prior to start of class
- PE Uniform may include the school offered Corona High Gym attire or the following:
 - Plain t-shirt: red or grey with last name, first initial written on the front and back
 - Sweats: red, grey, or black (brand logo on it permitted)
 - Shorts: red, grey, or black (brand logo on it permitted)
 - Leggings: All black only (brand logo on it permitted)

****NON-SUITS** will result in point deductions. There are no partial dress outs, as noted in the given syllabus to each student the second week of school, students must dress in **COMPLETE** uniforms every day

TARDINESS, TRUANCIES, AND PHONES

- PE locker rooms will be locked after the tardy bell and you will not be allowed to dress out for PE– BE ON TIME
- Phones are not permitted during PE class

PARENT/MEDICAL NOTES

- A parent note can excuse a student for physical activity for a maximum of 3 days- anything over 3 days will require a doctor's note. Student must make up what was missed
- PARENT NOTE must include the student's name, dates of inability to participate, reason and the parent's or guardian's signature with a daytime phone number
- DOCTOR NOTE must specify the student's name, limitations within PE, recommendations, and for what period of time—to be shared with PE Teacher and Nurse
- Notes must be given before roll call and students will still be asked to dress out, as long as the student is capable, to avoid confusion
- Make-up assignments are the student's responsibility and must be done according to their teacher instructions
- Inhalers are the responsibility of the student

THANK YOU FOR YOUR TIME!

If you have any questions or concerns about your student, please do not hesitate to email me and I will do my best to respond as promptly as possible

Ross Brady

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