Dixon Girl’s Physical Education Disclosure

(2016-2017)

Ms. Olson

**E-mail: tresao@provo.edu**

**School phone: 801-374-4980**

**Welcome to PE:** I am excited to assist students in the adventures of movement and exercise. My goal is to give students a fun and unique experience, develop knowledge, introduce and experience fundamental sports skills and initiate team-building activities that will provide a better quality of life. Healthy lifestyle management and wellness drives the core of this class. Units that will be taught during the 7th and 8th grade years will include but not be limited to Ultimate Frisbee, basketball, volleyball, soccer, circuits, interval training, Dance Aerobics, Cardio Days, Yoga, Principles of Physical Fitness and *F*itness tests. This class will also integrate the I-PAD by journaling activity and food intake, video recording correct technique of sports skills and utilizing websites that will increase knowledge of living a healthy lifestyle.

# Dress Code

**These items should be brought to school and kept in your P.E. locker.**

* **Shorts, sweatpants, or athletic pants** in any color (shorts must come to the mid-thigh).
* **Any Color T-shirt** (No tank-tops, the t-shirt must be modest, no deep neck line shirts or belly shirts, the shirt must cover your shoulders and cannot show your tummy when you lift up your arms, it may have words or pictures on it as long as they are appropriate.)
* **Socks**
* **Running Shoes**. These must be designed for running or cross training with sufficient traction so you don’t slide on the gym floor. Platform tennis shoes, hiking boots, sandals, or flat canvas shoes (Converse) are not permitted.
* **Excessive/ dangling jewelry** must be **removed** and kept in your locker during class**.** A small ziplock bag or box is recommended for your p.e. locker to put jewelry in so it is not lost. (watches and stud earrings may be worn.)
* Ms. Olson will provide each student with a lock and a combination. The student will need to keep this combination in a **safe place** where it will not get lost. Each student will be able to choose her locker and then will need to tell Ms. Olson the number of locker she chose. If the lock is lost the student will be charged six dollars.
* Bring a plastic bag to take clothes home at least once a week to be washed.
* **Deodorant** is required and is to be kept in your locker. Good hygiene practices should be practiced at all times. Showers are available. Let Ms. Olson know if you plan on showering after class.
* If you forget your clothes you will need to borrow P.E. clothes from Ms. Olson and you will lose 3 participation points for the day.

YOU MAY NEVER AT ANY TIME PARTICIPATE IN YOUR SCHOOL CLOTHES!!

\*\*SUPPLIES: You will need to bring a PE folder to keep in your PE locker. This folder will be used to keep all your handouts and study guides in one place. Only use this folder for P.E.

How to Earn an “A” in P.E.:

* Active participation is required to receive full daily participation points (a maximum of 5 points per regular day will be allotted)
* If you are in class you must dress and participate. Notes from home will not excuse you from participation. Our policy is Dress and Do Your Best every day you are here. Notes from home will be accepted in order to inform me of any current problems you may be experiencing so I can monitor and restrict activities when appropriate. Doctor notes are required to excuse you completely from daily participation.
* Points will be earned and taken away according to my management system.
* You are accountable for all work you miss due to absences (participation points, assignments, written tests, skill assessments, etc.) **Daily** **Participation points** are made-up by completing an activity log for each absence. Logs can be picked up in the gym or the locker room. All other work will be made up in class or during I-time. My I-time is on Thursday mornings. I will sign your planner if you need to make-up work.
* You are given **10** school days after you return from your absence to make up all work unless special arrangements are made.
* You are required to pass the learning targets for each term. If you are not passing the learning targets you are required to work on them during Thursday morning I-time until you pass them.

**Grading**:

A 93-100% Advanced level work \*Participation (Learning Targets)= 70% of final grade

A-= 90-92% \*Assignments/Quizzes= 10% of final grade

B+= 87-89% Proficient level work \*Goal Sheets= 10/% of final grade

B= 83-86% \*Fitness Tests= 10% of final grade

B-= 80-82%

C+= 77-79% Basic Level Work

C= 73-76%

C-= 70-72%

D+= 69-67%

D= 66-63%

D-= 62-60%

I= Below 60% (Incomplete/Insufficient/No credit given)

\*Fitness Testing is graded based on individual student improvement and performing in the healthy fitness zone. I understand that there are special circumstances such as injury, illness, and others.

**Physical Education is a state required class. Credit will be given to students who perform at 70% or better.**

Students with Disabilities: If you have any disability that may keep you from successfully completing this course, please let me know. Services are coordinated with the student and instructor through the main office and the special programs coordinator.

**Class Mission Statement:**

“Strive for progress, not perfection”   
-Unknown

Dixon Girl’s P.E. Rules & Expectations

1. Be on time

2. Come prepared with P.E. clothes

3. Participate and show respect

4. No food, drink, or gum in the gym (water bottles only)

5. Don’t take what isn’t yours

6. Follow Instructions and reach learning targets

7. No teasing, bullying, put-downs, or swearing

9. No talking while Ms. Olson is giving directions

9. No Cellphones or electronics

10. **Have Fun**

\*\*\*The following procedure will occur if a student breaks any of the classroom rules and/or expectations.

**First time**, you will receive a **Warning** from Ms. Olson. No points will be taken away.

**Second time,** you will lose 2 points from your participation points for the day.

**Third time,** you will lose 3 points from your participation points.

**Fourth time,** student and teacher will make a parent phone call and student will **lose 4 points** from the daily participation grade.

**Fifth time,** you will be sent to the principal’s office for further consequences and will **lose 5 points** from your daily participation grade.

\*At any time during the class period students may lose points for goofing off, non-compliance, non-participation, insubordination, and/or being disrespectful.

**LEARNING TARGETS**: Students are expected to reach learning targets each day; if the targets are not met students are required to attend I-time Thursday mornings.

**BATHROOM BREAKS:** Students will be allowed 3 bathroom breaks total throughout the semester. Please use the restroom before or after class during the dress time. Exceptions will be made if it is an emergency.

**REWARDS:**  A “Reward Book” will be placed on a table every day in class. The teacher will give the student a star for performing well in class or staying on task. When the student receives 10 stars they get a prize from the teacher. Once the student gets 10 stars they start over and can earn another prize.

**Dress Time:**

Students will have 5 minutes to dress in their P.E. clothes from the time the bell rings and will have 5 minutes to get dressed before the release bell rings. Please get dressed quickly and be on time for roll call. **If a student receives two or more tardies they will receive lunch detention.**

**PHYSICAL EDUCATION PARENT INFORMATION SHEET**

**Teacher information: Tresa Olson (Physical Education teacher)**

**E-mail:** [**tresao@provo.edu**](mailto:tresao@provo.edu) **(This is the best way to contact me)**

\*\*\*PARENT OR LEGAL GUARDIAN **AND** STUDENT MUST SIGN THIS PAPER FOR STUDENT TO RECEIVE CREDIT FOR THIS CLASS.

This form is due by the first 2 weeks of the semester **and is worth 100 points.**

Please Circle One

1st Period 2nd Period 3rd Period 4th Period 5th Period 7th Period

Student Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please provide contact information in case of emergency or other concerns.

* Language I prefer to be contacted in, please check one:

\_\_\_\_English \_\_\_\_Spanish \_\_\_\_\_Other (please write in) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If your student has any medical conditions or other concerns that would prevent them from participating fully in PE please list them here:

\*\*\*By signing this paper you understand and are aware of grading, Physical Education rules and consequences, and the risks involved in playing sports and being active.

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Student Signature and Date

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Parent Signature and Date