

Physical Education

2019–2020

Welcome to the beginning of the semester in 2020! I am so excited to have the opportunity to teach Physical Education at Dixon Middle School this year. I am new to Dixon but in my short time here I have seen nothing but greatness from the students. I know I am joining a well-trained team of staff and I am grateful for the parental support many of our students receive.

Instructor: Sarah Navas: sarahnavas@provo.edu

Requirements: Come to class everyday with a POSITIVE ATTITUDE, a WILLINGNESS to participate, and give 100% EFFORT.

Course Description: Students will acquire basic skills through a wide range of activities. Students will use skills such as throwing, catching, striking, and kicking to engage in games and advanced play. Students will also gain skills of team work through social interaction; and will learn basic rules for game play.

Objectives:

- Students will demonstrate the correct technique for a variety of skills
- Students will make responsible choices in activity settings that show respect for themselves and others
- Students will value physical activity for health, enjoyment, and social interaction

Activities: Students will be participating in a variety of activities throughout the course of the semester. Some of these activities include: Soccer, Basketball, Team Handball, Volleyball, Aerobic Exercises, Etc..

Assignments: Students will be graded on their ability to achieve mastery of the Utah State Physical Education Standards. They will have the opportunity to show mastery through demonstration and/or written assessment. Students will be given multiple opportunities to show proficiency if they are not successful the first time.

Grading Procedure: Grades will be assessed based off of the percentage of standards passed. The student's citizenship grade will reflect the student's attendance, assignment completion, and behavior.

Make Ups: If a student is absent they will have the opportunity to make up for that day by performing physical exercise at home and returning to school with a make up form filled out that includes a parent or guardian signature. Please note: Make ups are only for days students are

absent, if they are in class but choose not to participate, the points from that day can not be made up.

Excuse Notes: If your student will not be participating in class a signed note from a parent or doctor must be presented. The student will still be asked to give their best effort for the day, and should still be dressed appropriately for class.

Dress: Students are strongly encouraged to change for class. Students are required to wear athletic shoes, and athletic shirt or t-shirt, and pants/shorts they feel comfortable moving in. Students may wear any school approved pants as long as they feel they can move freely in them. There are no restrictions on colors, but students must follow the school dress code policy.

Rules/ Expectations:

- Be prepared for class and be on time.
- Remain inside the gym for the whole class period (Treat the gym the same as a classroom)
- Be respectful of yourself and others.
- No cellphones should be brought in the gym as we will be doing physical activity and there is a risk of phones falling or breaking

Consequences:

- Verbal Warning
- Relocation within the classroom
- Referral to the Office/ Parent contact

It is the student's responsibility to have this document signed and dated and it will go in the gradebook.

I, _____ (Print Name) Understand that I am responsible for following the rules that have been outlined in this disclosure. Failing to do so will result in class consequences and office referral. I will be responsible for turning in my OWN work and working with the teacher if help is needed.

Student: _____ Date: _____

Parent: _____ Date: _____

Parent Email: _____ Parent Phone Number: _____

Are there any health concerns I, as your student's physical education teacher, should know about?

¡Hola!

La secretaria se puso en contacto conmigo para decirle que tenía algunas preguntas sobre lo que Leslie puede hacer para elevar su calificación en mi clase. Me gustaría comenzar diciendo que ha sido genial tener a Leslie en mi clase, ¡es una líder de equipo increíble y siempre motiva a quienes la rodean! La única tarea que le falta es su evaluación de FitnessGram (estuvo ausente el día que completamos esto) Puede completar esto en casa, solo tendrá que realizar algunas pruebas.

Necesito lo siguiente información

Cuántas flexiones puede hacer ella:

Cuántas sentadillas puede hacer ella:

Examen de flexibilidad de los hombros:

<https://www.youtube.com/watch?v=1pIDu-dvRZE>

Si puede tocarse los dedos de los pies mientras está sentada en el suelo:

Cuando tenga toda la información, por favor complete el formulario FitnessGram (ella debería tener el formulario que se le entregó en clases o yo le puedo enviar uno si necesita) después de que reciba el formulario yo se lo aceptaría para que ella obtenga el crédito completo siempre que haya una firma de los padres en el formulario también.

Gracias por contactarme y porfavor avísame si tienes más preguntas.