



THE IMPORTANCE OF PHYSICAL EDUCATION

Physical Education prepares children to be physically and mentally active, fit, and healthy for life. Here are some of the many benefits children receive from a quality Physical Education program:

1. Provides daily physical activity and improves physical fitness
2. Develops movement and motor skills
3. Improves self-confidence, self-esteem, and reduces stress
4. Respect – P.E. helps you respect yourself, classmates, and teammates
5. Teaches responsibility, self-discipline, and goal setting
6. Influences moral development, leadership, and cooperation skills
7. Helps students achieve better grades



Mr. Silva

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Room 35



P.E. Uniform

Students will dress out every day except for minimum days. It is our way of making sure everyone is ready to participate at any given time and to identify the students in our class. You will dress out in your P.E. uniform daily unless otherwise instructed to do so. We thank you in advance for cooperating and not complaining. Do not borrow other students P.E. clothes.

A proper P.E. uniform includes:



1. Shirt
2. Shorts / Sweatpants
3. Athletic shoes
4. No headwear such as beanies, hats, and hoods are not allowed to be worn during P.E. class.
5. Jewelry cannot be worn out to class. Stud earrings are allowed, no necklaces, bracelets, rings, or non-athletic watches will be allowed.

Attendance

Attendance will be taken every day when the tardy bell rings. Students need to be seated on their P.E. number or they will be marked tardy. Excessive tardiness will lower your P.E. citizenship grade. Every P.E. tardy will count towards the school tardy policy.

attendance MATTERS

Illness/Injury

If a student is ill or injured, then a parent or doctor note is required. Notes need to be specific so we know exactly what activities a student can and cannot participate in. Please bring two copies of a doctor's notes. Turn one copy into the office and the other copy goes to your P.E. teacher.

Students are still expected to dress out in their P.E. uniform and an alternate written assignment will be assigned. If a student cannot participate in P.E. for a parent note is required and good for 2 days. A doctor's note is required for any student who is out longer than 3 days.



Locker Room

Students will be issued a P.E. locker after they have a lock. Keyed locks are not allowed to be used. It is the goal of the physical education department to limit the occurrences of theft in the Boys and Girls locker rooms. Therefore, always check that your locker is locked. The following rules must be always followed to ensure a safe environment:

1. Do not share your combination with anyone.
2. No sharing of lockers with friends or classmates.
3. Backpacks must be locked away inside your locker.
4. There is no eating, drinking or gum chewing allowed inside the locker room.
5. No electronics such as cameras or phones.
6. Students may not be in the locker room unsupervised without permission from a teacher/staff member.
7. No horseplay of any kind inside the locker room. This includes pushing, running, yelling, throwing of items, standing on benches, banging on lockers, slamming locker doors, messing around in the bathroom area, etc.

The school or physical education department are not responsible for lost or stolen items.



Consequences

Students who behave inappropriately in any P.E. area (Field, Blacktop, MPR, Locker Rooms) will have their P.E. citizenship grade lowered. In addition, students will receive either minor or major incident reports. After receiving 3 minor incident reports, students will receive a major incident referral and be sent to the office. Minor incidents include:

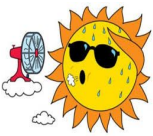
1. Inappropriate language or gestures
2. Not following instructions
3. Horseplay
4. Leaving the P.E. area / locker room without permission
5. Poor sportsmanship
6. Electronic use
7. Eating Food
8. Property misuse or destruction.



Students who refuse to participate are being defiant. If you refuse to participate you will be given a 0 for the day, get a major referral, and be sent to the office.

Heat / Humidity: CVUSD AR 6114.5(c) Policy

1. Outdoor activities by students and staff shall be modified to prevent heat stroke/heat exhaustion during hot weather.
2. When temperatures are 80 to 90 degrees Fahrenheit, the following precautions shall be taken:
 - a. Allow unrestricted access to water.
 - b. Provide adequate time (at least ten minutes per hour) for rest and cooling.
 - c. Watch carefully those athletes/students with a tendency toward obesity and those with a history of heat related illness, for signs of hyperthermia.
 - d. During periods of moderate to high humidity, avoid prolonged vigorous activity.
3. When temperatures are 90 to 100 degrees Fahrenheit, the following precautions shall be taken:
 - a. Avoid any prolonged vigorous activity, regardless of humidity level.
 - b. Follow items 2 (a), 2 (b), and 2 (c) above.
4. When temperatures are above 100 degrees Fahrenheit, the following precautions shall be taken:
 - a. All vigorous outdoor activity is to be avoided.
 - b. Limit outdoor activities to short periods of time.
 - c. Allow unrestricted access to water, even indoors.
 - d. Watch carefully those athletes and students with a tendency toward obesity for signs of hyperthermia.
 - e. Students with a history of heat related illness shall remain indoors.
 - f. Limit athletic practices to short, non-vigorous workouts.



Please add your class period to your Google Classroom to complete assignments and receive class announcements and track your progress using Aeries..

Course Materials:

1. Athletic Clothes - that follow the school dress code and are weather appropriate.
2. Athletic Shoes
3. Combination Lock
4. Chromebook
5. Pen/Pencil
6. Deodorant - Non aerosol
7. Water Bottle
8. Personal Towel
9. Sunscreen



PE Class Expectations

Be Respectful

1. Use only your locker
2. Do not touch/use anyone else's property
3. Use appropriate language
4. Be on your number or seat prior to the bell
5. Remain in locker rooms until allowed to enter class
6. Stay behind blue line until instructed to enter class

Be Responsible

1. Wash and bring PE clothes weekly
2. Fill out agenda
3. Complete and turn in assignments on time
4. Help collect and return equipment
5. Follow directions for participation
6. If you're not feeling well bring a note

Be Safe

1. Always walk when entering and exiting
2. Remain seated
3. Follow the directions of staff
4. Use equipment as intended



Typical Day In Mr. Silva's PE Class

1. Take roll
2. Go to locker room to change
3. Stretching
4. Timed Run
5. Activity for the day
6. Return to locker room to change

Changes will be made due to weather and school schedule

Grade Breakdown

Assignments - Classwork/Projects	20%
Dressing daily	25%
Participation in day's activities	30%
Assessments - Tests and evaluations	10%
Mile Runs - Based off weekly timed runs	15%



Mile Run Scoring Chart

1 mile (mi)
5,280 feet (ft)
1,760 yards (yd)
(1.609 km)



Points	Mile 1st Trimester (mm:ss)	Mile 2nd Trimester (mm:ss)	Mile 3rd Trimester (mm:ss)
25 Points	00:00 - 10:00	00:00 - 9:30	00:00 - 8:30
22 Points	10:00 - 11:30	09:31 - 11:00	08:31 - 10:30
20 Points	11:31 - 13:00	11:01 - 12:30	10:31 - 11:30
18 Points	13:01 - 14:30	12:31 - 14:00	11:31 - 12:30
15 Points	14:31 - 16:00	14:01 - 15:30	12:31 - 14:30
12 Points	16:01 - 18:00	15:31 - 17:00	14:31 - 16:30
10 Points	18:01 - 20:00	17:01 - 18:30	16:31 - 17:30
5 Points	Over 20:00	Over 18:31	Over 17:31

What
did I
Miss?

Make Up Policy

In the event a student would like to make up a mile run due to poor performance, absence, illness, or injury they must make arrangements with Mr. Silva to schedule a proper date and time after school. Starting 3rd trimester Mr. Silva will not be accepting any late or missing class assignments or projects. Any tests or assessments missed must be made up right away upon the student's return.