

# 7th & 8th Grade Physical Education

Mrs. Walker

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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, boost immunity, and prepare student 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.

### 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
- The log-in code for classes will be in the banner at the top of the Google Classroom banner.
- 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
- Overall grades on Google Classroom are not accurate. Please look at Aeries for current grade information.

### 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.
- **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 2 days of activity independently. This activity, along with the class activity should be submitted online.
- 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.

- Wednesday & Friday 7:45-8:30 AM
- Tuesday & Thursday 1:45-2:30 PM

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 235 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.

## 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 and Responsible
4. Students will be respectful of the abilities of others.
5. Students will demonstrate academic integrity, turn in their own work, that is accurate.

## 7th & 8th Grade Physical Education Individual and dual and 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 realized how much physical activity was helping them to cope during these stressful and sedentary times.

Students at Canyon Hills are expected to be able to take their heart rate and determine if they are in their target heart rate zone. They should be able to talk about the five components of fitness and if they are improving in those areas. Students should be able to name the fourteen major muscle groups and speak using the academic vocabulary we use and study in class.

Students should be able to participate in activities in a positive and responsible way that is respectful of others.

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. This is true.

This year will look different as we begin the school year differently, but we hope we can get off to a strong start, so when we do return, students are ready to continue with what that they started.

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,  
Mrs. Walker

Dear Parents,

Please indicate that you have read the syllabus, and provide information about your child by completing this short survey.

Survey Link:

### 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.

## 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