

7th and 8th Grade Physical Education Program
CAL AERO PRESERVE ACADEMY

Mr. Balara (phil_balara@chino.k12.ca.us)

Mrs. Burton (michelle_burton@chino.k12.ca.us)

Physical education is an integral part of your child's general health and education with daily participation requirements. This syllabus outlines the classroom expectations for students.

Basic standards: Be on time to class, students use their own locker, dress for PE activities, do not bring extra items to class (water bottle is fine), and use PE equipment for personal use only. Follow school rules. Be RESPECTFUL, RESPONSIBLE and ACCOUNTABLE.

Physical Education Dress Code: Students MUST dress for physical education. There are no excuses. This includes Cal Aero PE jersey, PE shorts, socks, and athletic shoes. Boots (uggs), crocs or sandals are not allowed. Mile time shirts can be earned and are worn on mile days. Cal Aero sweatpants and sweatshirts may be worn when it is cold and we are outside. Jewelry is not permitted during physical education activities. Wash your PE clothes weekly. Borrowed PE clothes may be worn twice per quarter without penalty; students are responsible for washing and bringing back loaners clothes within 1 week of borrowing them.

Locker items: extra shoes (preferably sneakers with laces), extra socks, PE clothes, sweater when cold, deodorant (stick, not spray), brush, reusable water bottle, combination lock.

Locker Room Expectations: Students are expected to keep their eyes and hands to themselves, speak quietly and use appropriate language, respect others and their belongings, and be responsible and accountable for their own locker and items. Cell phones are prohibited in the locker room and will be confiscated if used. The sharing of PE clothes is not allowed.

Students must use the restroom in the locker room before leaving the locker room; Students are encouraged to use the restroom during their changing time. Restrooms are not for changing in.

Class Participation: Do your best in all physical activities/lessons and complete all exercises. Participation is 50% of your grade.

Behavior: Follow the teacher's instructions the first time. Cooperate with others, be polite, be courteous and respectful. Use appropriate language. Respect the learning environment (gym, classroom, equipment, and athletic fields).

Park Rules: No use of the playground or restrooms at any time during school hours.

Unit lessons for the year: Soccer, football, basketball, volleyball, fitness tests, ultimate frisbee, softball, badminton, hockey, mile runs, Friday fitness, and various other games and activities.

Assessment Grades: Students will run the mile each week, usually on Tuesdays (subject to change), worth up to 10 points as an assessment grade. Students will also have Friday fitness and will also be given an assessment grade. These two activities will result in 50% of your overall grade.

Student Grades – Grades are calculated and 50% of the grade is summative assessments that will include your mile times, fitness tests, Friday Fitness and skills assessments. The other 50% of your grade is formative assessments that include attendance, class participation, dress, behavior, and tardies.

Parent/Guardian Excuse Note: You may write a note excusing your child from participating in physical education, which is good for up to three days. The note must state the reason for non-participation and be dated on the note with your child's name and signature. Students must still dress in PE clothes for class. Students will be required to make up any work missed, including mile runs. Make-up days are usually the last Friday of each grading period.

Medical Excuse Note: If for any injury/medical reason your child needs to miss physical education for three or more consecutive days, a doctor's note is required to excuse non-participation. The medical note must be presented to the school nurse as well as the student's physical education teacher. The note must include the reason and duration of non-participation in PE. Students will not be allowed to participate until the deadline expires or a new doctor's note arrives clearing the student to begin participating in physical education. Long-term medical excuses may include special arrangements/alternative assignments for the student. Dressing out in PE clothes is not required but at the discretion of the teacher.

Make-up Policy: If absent on mile days, students may make up a missing mile by submitting a written assignment to their teacher on a sport or physical activity of their choice. Written (plagiarism-free) assignments may earn full or partial credit, depending on the quality and completeness of the assignment. Mile make-up days are made up during the students' physical education class once a month, usually on Fridays.

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(return by Monday, August 12, 2024 to your physical education teacher)

As a parent, I understand the Physical Education course guidelines and will do my part to support my child's physical education.

Name of student

period

Parent Signature

date