

Dear Parents / Guardian,

School Year 2019 – 2020

Welcome to another year of Physical Education at Shivela Middle School.

At Shivela Middle School, Physical Education is an important part of the educational program. Every student has the opportunity to participate in daily quality physical education activities. The quality and productivity of each student's life are enhanced through their participation in a comprehensive, sequentially planned physical, mental, emotional and social well being of every student in the pursuit of life-long health. The curriculum includes, but is not limited to, movement skills and movement knowledge, self-image and personal development and social development.

According to the U.S. Surgeon General, regular physical activity is one of the most important ways to maintain and improve one's physical health, mental health, and overall well-being. A student who participates in physical education daily is more likely to become a healthy adult who is motivated to remain healthy and physically active throughout his or her life.

Your enthusiastic support in our program will enhance your child's educational experience and it will be highly appreciated. It is in your child's best interest that we work together in relationship to his/her schooling. We will be in close contact with you regarding your child's progress. Please read the Physical Education Guidelines in this packet and send back only the last page signed by both you and your child. The physical education staff requires this packet to be kept in the students' school notebook for future reference. If you have any questions, please contact us at 696-1406. Thank you for your time and support.

Sincerely,  
The Physical Education Staff

We are working toward achieving the physical education model content standards which represent the essential skills and knowledge that all students need to maintain a physically active, healthy lifestyle.

## **STANDARDS**

**Standard 1:** Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities

**Standard 3:** Students assess and maintain a level of physical fitness to improve health and performance.

**Standard 4:** Students demonstrate knowledge of physical fitness concepts, principles and strategies to improve health and performance.

**Standard 5:** Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activities.

Along with the above standards we also work toward the following goals:

**Self Image:** Develop a positive self image, which include awareness and understanding of ones body. It is important to use the body as a means of expression and as an instrument for self realization.

**Social Behavior:** Develop socially acceptable behavior while interacting with others.

**Recreational Interest:** Develop interest and proficiency in essential skills for successful participation in physical recreational activities.

## **P.E. LIMITS**

All students are required to remain in the P.E. area during the entire class period. Students that choose to leave the assigned area will be reported as truant from class. The Sports Park is an additional P.E. area.

## **PHYSICAL EDUCATION POLICIES AND RULES**

1. Respect the rights and property of others.
2. Be on time. Students must be in the locker room before the tardy bell.
- 3. Students must dress in their PE uniform everyday.**
4. Follow directions the FIRST time.
5. Do not disrupt any class.
6. Use appropriate language at all times.
7. Keep hands, feet and comments to yourself.
8. Participate to the best of your ability daily.
9. Keep the locker room and PE area clean. **USE THE TRASH CANS!!**
10. **NO FOOD, DRINKS, OR GUM DURING PE.**
11. **NO JEWELRY IN PE CLASSES** (Watches included)
12. Follow all safety rules.
13. Teacher will dismiss you. (NOT THE BELL)
14. **NO WRITING ON OR CUTTING OF PE CLOTHES ALLOWED.**
15. **NO CAMERAS/CELL PHONES ALLOWED IN LOCKER ROOMS.**

## **PARTICIPATION**

- A. All students are expected to participate to the best of their ability during the entire class period, putting forth 100% effort.
- B. **EXCUSE FROM PARTICIPATION-** A student may be excused from total or partial participation from one to three days if a note of explanation (with the date, days and reason for excuse) is brought from a parent. Please be specific on what your child can or cannot do in his/her P.E. class. On such days, students are still required to dress.
- C. An excuse for more than three days must be signed by a doctor, stating the reason why the student should be excused. On such days students must still dress for class. When a student is ready to participate, a note of clearance from the student's doctor must be brought to class on the first day of partial or full participation.

## PHYSICAL FITNESS TESTING

Your child's physical fitness level is one of the most important parts of our Physical Education program here at Shivela. We will spend about half of our time showing your child how to be physically fit and how to maintain that level for a lifetime. The fitness level your child achieves will depend on the time and effort he/she puts forth. The California State standards are as follow:

**BODY COMPOSITION:** Maintaining appropriate body composition is vital in preventing the onset of obesity which is associated with increased risk of coronary heart disease, stroke, and type II diabetes. Desired percentages of body Fat: Boys 10-25, Girls 17-32

**MUSCULAR STRENGTH, ENDURANCE AND FLEXIBILITY:** The tests of muscular strength, muscular endurance and flexibility have been combined into one broad fitness category because the primary focus is determining the health status of the musculoskeletal system, promoting good posture and correct pelvic and vertebral alignment. The standards are:

Age	<u>Curl-ups</u>		<u>Trunk Lift</u>		<u>Push-ups</u>	
	Boys	Girls	Boys	Girls	Boys	Girls
11	28	29	12	12	20	15
12	36	32	12	12	20	15
13	40	32	12	12	25	15
14	45	32	12	12	30	15

**CARDIOVASCULAR ENDURANCE:** Cardiovascular disease is the number one killer in America. Lack of exercise is considered to be one of the major risk factors for heart disease. Research shows that there is a 90% failure rate for appropriate exercise throughout the adult years if during the teenage years students failed to engage in appropriate exercise. To accomplish this goal every teacher has a run day once a week. Our goal is for every student to meet the state standard on running the mile under the following times.

Age	Boys	Girls
11	11:00	12:00
12	10:30	12:00
13	10:00	11:30
14	9:30	11:00

**DRESS / LOCKERS** – For your safety and comfort

- A. All students will dress in appropriate physical education attire.
- B. Uniforms will be on sale during the school year at the student store.  
The cost will be **\$24.00** for both shirt and shorts. If you wish to buy one item the cost is **\$12.00. Cash or credit card only.** If your child has a uniform from last year, you do not need to buy a new one.
- C. Student name must be written in designated area of PE uniform. Borrowing other students' uniform is not permitted.
- D. Shoes: Athletic shoes are required with socks. **The shoes need to be laced and tied so the shoe will stay on the foot during activity.** Hiking boots, sandals or shoes with heels, etc... are not allowed in P.E. classes. Students who wear inappropriate shoes will not be able to participate for their safety and the safety of others.
- E. Jewelry: No jewelry of any kind is allowed in P.E. class (watches included). This is for your safety and the safety of others.
- F. Cold Weather Dress:
  - a. P.E. classes will dress everyday, rain or shine, hot or cold.
  - b. Students may wear sweat shirts, sweat pants, and warm-up jackets during the cold season. Jackets are not permitted.
- G. Lockers: All students will be issued a locker with a lock. Students are to use their lockers during their P.E. period.  
\*\*\*\* Please take your clothes home regularly to launder them.  
\*\*\*\* Students should not give their combination to any one.  
\*\*\*\* **If a lock is lost, there will be a \$5.00 replacement charge.**
- H. Showers: Showers are recommended. Good personal hygiene is taught.

\*\*\*\*\*NOTE: Mom or Dad forgetting to wash and dry a student's uniform is not an excuse not to dress!

## **GRADING POLICY**

The daily physical education requirements have been expanded to provide student with more opportunities to be successful. These requirements include:

### **A. Participation**

- Performing to the best of your ability. (Effort)
- Prepared for class

### **B. Skill Assessment**

- Proper Technique
- Physical Development
- Knowledge Assessment

### **C. Citizenship/Social Skills**

- Cooperation
- Sportsmanship
- Communication

**\*\*\*\*STUDENTS WILL BE GRADED ON THE DISTRICT WIDE BASED STANDARD PERCENTAGE SCALE.**

## **DISCIPLINE**

Strike One: Warning

Strike Two: Removal from activity

Strike Three: Removal from class

## **MAKE-UP WORK**

Make-up work needs to be completed within **ONE WEEK** of class absences. It is the responsibility of the students to obtain the make-up assignments. To obtain the work the students need to see their teacher before or after school, not during the instructional period. The correct forms will be the only acceptable forms of make-up work.

### **Physical Education Make-up Work**

- A. Complete a 60-Minute aerobic/anaerobic workout of your choice. A parent signature is required on the appropriate form.
- B. Complete a one-page summary on a sport, fitness or health article from a newspaper or magazine. Please see your teacher for the appropriate form (copy of the article must be included).

## **MOVIE LIST**

During the course of the school year, situations may arise and appropriate movies with a sports / health theme might be shown during a physical education class. Listed below are some of the movies the physical education department has chosen that teach values, sportsmanship, and comrade. Please review the list and indicate your preference on the signature page. If you chose to have your son/daughter opt out of viewing the movies, an appropriate alternate assignment will be assigned.

A League of Their Own (PG)	Blind Side (PG-13)
Sandlot 1 (PG)	Rudy (PG)
Goonies (PG)	Nacho Libre (PG)
Remember the Titans (PG13)	Princess Bride (PG)
Mighty Ducks 1,2,3 (PG)	Rookie of The Year (PG)
Karate Kid 1, (PG)	The Rookie (PG)
Angels in the Outfield (PG)	Cool Runnings (PG)
Little Giants (PG)	Radio (PG)
Happy Feet 1& 2 (PG)	Invincible (PG)
Food INC (PG)	Super Size Me (PG)

I, the student, have read the Physical Education guidelines. I understand and agree to abide by them.

\_\_\_\_\_  
Student Name (please print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
PE Class Period / PE Teacher

As the parent/Guardian, I have read the Physical Education guidelines. I understand and agree that my son/daughter will abide by them.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Relationship to Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

**Email Address:** \_\_\_\_\_

**Movie Approval/ Disapproval**

\_\_\_\_\_ Yes, I approve of the movies for my son/daughter's viewing

\_\_\_\_\_ No, I would like my son/daughter to have an alternate assignment

**Health Concerns**-please list any health concerns we should know about.

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