

CMS 2019-2020 Physical Education/LifeSkills Information

Mr. Johnston Ext. 2662 cjohnston@carmelunified.org

Mr. Glazier Ext. 2662 jglazier@carmelunified.org

Mr. Whitford Ext. 2662 bwhitford@carmelunified.org

Ms. White Ext. 2664 lwhite@carmelunified.org

Mrs. Bruno Ext. 2664 mbruno@carmelunified.org

Objectives:

- Develop an understanding of a wide variety of physical activities and sports
- Become aware of the importance of physical well-being and set personal fitness goals
- Encourage students to maintain lifelong physical activity
- Understand the relationship between physical activity and emotional and social wellbeing.

Grading:

Students Physical Education grade is broken into three parts: participation (30%), cardio runs (40%) and effort, grit and perseverance (30%). Grading is completed every two weeks. The participation part of the grade is based on dressing out in your PE clothes, being on time to roll call, participation in the daily activities, respecting teachers, classmates, and the equipment. If you forget to bring your PE clothes, you may borrow with a deduction of five points for the day.

Each week students run a cardio run, and they are graded on a point system based on the Healthy Fitness Zone established by the state of California. We work with students who struggle with running and take into account improvement as part of this grade. If you miss a mile, you are required to make it up on a mile make-up day **within that 2-week grading period**; otherwise, you will have a 0 for that mile. You must also maintain your run history in a cardio journal that is kept electronically on your chrome book.

The effort, grit and perseverance part of the grade will be calculated into the grade every two weeks. The grade received will be dependent on a student's ability to maintain mile times, improve mile times and their effort in adverse situations.

Citizenship:

You are expected to follow the class guidelines and show respect for others. We look for positive comments during activities and respectful behavior.

Lifeskills:

7th and 8th graders will have a series of Lifeskills lessons. You are expected to complete your Lifeskills workbook activities and participate respectfully in class discussions.

Locker Room Security:

You will receive a locker and a lock for your PE clothes and belongings. You should not share the combination with anyone and should lock your locker every day. Do not leave money or valuables in your locker. Failure to return locks at the end of the school year will result in a \$10.00 charge. **NO CELL PHONES in the LOCKER ROOM**

Illness/Medical Notes:

If you are too sick to dress out and participate in PE for the day, please bring a note **WRITTEN and signed** by a parent. If you are excusing your child from activities for the day, **please specify if you don't want them to walk.** If you do not have a note on the day that you are ill, you will be asked to dress out and walk for the class period. A parent note is required the following day. After three days of illness/injury, we require a doctor's note to be excused from PE. Students who are out for more than three days will be given a written assignment to complete in the library for PE credit.

Students that are on a doctor's medical note and are cleared to walk, must dress out daily and sit in roll call at the beginning of class.

Supplies Needed:

-PE clothes need to be red, white, or grey. The school store sells the CMS clothing, but you can bring your own. We highly recommend labeling your clothing in permanent marker with last name and initial of first name across the front. This ensures that if your clothing is lost it can be returned to you. **We will be labeling student clothing in class the first week of school, if you do not want your son/daughters clothing to be labeled send their teacher an email.**

-We highly recommend you have sweats in your locker. **It gets cold outside**, and your sweatshirts must be red, white, grey, or from a Carmel team, otherwise points will be deducted. Students may wear black leggings **UNDER** their PE shorts, but they must be designated **only** for PE class.

- You must wear socks and tennis shoes that tie up. We recommend a supportive running shoe. You may not go barefoot outside.

Important Classroom Guidelines:

- No chewing gum or food and drink in the gym or locker room.
- Stop, look, and listen at the sound of the whistle.
- Always return equipment.
- You must wait until an adult is present to wait in the gym at the end of class.
- Use respectful, positive language with your teachers and peers.
- Students will have 5 minutes after the tardy bell to dress out and be in their roll call location or they will be marked tardy for that class period.

Student and Parent/Guardian Signature Required. [Please use this form](#) to indicate you and your parent or guardian have read and understood this Information Sheet by: Monday, August 19th, 2019.