

Louis Pasteur Middle School
2016-2017 Physical Education Procedures

dkustin@sanjuan.edu

Mrs. Kustin Physical Education Program



We will be focusing on implementing the California Model Content Standards for your grade level, throughout the school year. This will be achieved through a variety of activities, sports, and games, such as but not limited to; flag football, soccer, basketball, volleyball, tennis, team handball, softball, jump ropes, track & field, tumbling, net games, movement & dance, resistance training, aerobics, hockey, cooperative games, archery, golf, frisbees, and self defense.

Dressing for Physical Education

The required physical education uniform is a *White shirt* and *Black Shorts*. **(WHITE SHIRTS CANNOT HAVE ANY WRITING ON THEM, EXCEPT STUDENT'S NAME AND THE PE LOGO. SHORTS AND SWEATS MUST BE ATHLETIC & LOOSE FITTING; NO YOGA PANTS OR TIGHTS WILL BE ALLOWED)**

Black Sweats are optional. P.E. uniforms & sweats can be purchased from a PE teacher. The Pasteur Logoed *dry-fit shirts* are \$10.00, *PE shorts* are \$10.00. *Sweatshirts* are \$20.00 and *pants* are \$15.00. Student's last name and first initial must be written with permanent marker on the shorts and T-shirt.

Athletic shoes with shoelaces tied appropriately and socks are required. **(STUDENTS MAY NOT WEAR; SANDALS, SLIP-ON SHOES, BOOTS OR ANY SHOE WITH-OUT SHOE LACES TO PE CLASS)** A PE bag and combination lock are also required. You may purchase a PE bag from the PE Dept. for \$5.00. The P.E. department recommends that students purchase matching combination locks from the school for \$10.00. This enables accurate and safe storage of personal belongings. Loaner clothes will be available for class use with a consequence. Parents' will be contacted for excessive loaner use.

MEDICAL EXCUSES

All students are required to dress out and participate in P.E. Daily; notes excusing a student from participating in P.E. for medical reasons will be accepted for up to 5 consecutive days. After 5 days a doctor's note is required.

If you are to be excused from participating in an activity, bring a note stating:

- * date(s) to be excused
- * limitation and length (1-5 days)
- * reason for the excuse
- * parent/guardian signature

Give this note to your physical education teacher. You are required to dress in your P.E. uniform unless a doctor has requested otherwise.

PLEASE DO NOT ASSUME WE ARE AWARE OF ANY HEALTH PROBLEMS.

Parents: Contact us personally so we may work with you in adapting your Student's program if necessary (971-7891)/mtarman@sanjuan.edu.

GRADING

The Physical Education grade is based on the following components:

55%=DAILY PARTICIPATION & PHYSICAL FITNESS (Standard 3)

(Daily points for participation and quarterly fitness assessments)

15%=MOVEMENT SKILLS (Standard 1)

(Demonstration & performance of motor skills & movement patterns)

15%=DEMONSTRATION OF KNOWLEDGE (Standard 2 & 4)

(Students will be assessed on knowledge & identification of content, principles, strategies & concepts of physical fitness & activities)

15%=SOCIAL & GROUP DYNAMICS (Standard 5)

(Demonstration & utilization of psychological & sociological concepts, principles & strategies that apply to performance of physical activity)

What a typical day in PE looks likes?

1. Every day in PE; students Dress-out upon arrival
2. Head out to Warm-up
3. Mrs. Kustin takes roll
4. Instruction/Practice/Content Knowledge
5. Skill Application/Assessment of Skills
6. Class Closure/Clean-up
7. Dress Back into School Clothes

PASTEUR PHYSICAL EDUCATION DEPT. POLICIES

VIOLATION OF ANY PE RULES COULD RESULT IN THE FOLLOWING DISCIPLINARY ACTIONS

- | | |
|--------------------|--|
| 1. Verbal Warning | 2. Non-Participation in Daily Activity |
| 3. Parent Contact | 4. Class Suspension/parent contact |
| 5. Office Referral | 6. Lowering of Citizenship Grade |

RULES/PROCEDURES

* Throwing clothes or other items in the locker room will result in immediate disciplinary action.

* Students are to be in the locker room before the tardy bell rings & changing into their PE clothes. Students refusing to dress will have their parents contacted & be referred to the administration.

* Horseplay is not allowed! Keep your hands & feet to yourself. (This includes throwing things, chasing another student(s), play fighting, or wrestling).

* All PE Equipment is to remain as is until a teacher gives instruction.

* Equipment must be treated properly.

* No hanging on or pulling on basketball/volleyball nets & poles.

* During the PE period students must stay in assigned P.E. area until a teacher gives permission to leave.

* At the end of the period All students report back to their teacher and return equipment before dismissal to the locker room.

* After dressing all students wait in the designated P.E. area until the passing bell rings.

* Absolutely NO CELL PHONES are allowed in the locker room or class, all will be confiscated immediately with No Exceptions!

Student Name _____

Student Signature _____

Parent/Guardian Signature

