

Louis Pasteur Middle School

2021-2022 Physical Education Procedures

mtarman@sanjuan.edu

Mr. Tarman's 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, team handball, softball, track & field, movement & dance, resistance training, aerobics, hockey and cooperative games.

Dressing for Physical Education

The required physical education uniform is a plain white shirt and plain black shorts. 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 Pasteur PE bag for \$5.00. The P.E. department recommends that students purchase matching combination locks from the school for \$10.00. 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:

70%=DAILY PARTICIPATION/PHYSICAL FITNESS & MOVEMENT SKILLS

(Standards 1 & 3)

(Daily points for participation and in class fitness assessments)

(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)

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. Office Referral/Class Suspension
5. Detention
6. Lowered 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 will be treated properly.
- * No hanging on or pulling on basketball/volleyball nets & poles.
- * During the PE period students will 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 PE class, phones will be confiscated immediately with No Exceptions!

Student Name _____ Student Signature _____

Parent/Guardian Signature _____