**Chaboya Middle School**

**Physical Education**

**Ms. Espejo**

Welcome to the 2019-2020 school year! The main goals of this class are to create and maintain physical/mental fitness, and to develop a basic knowledge of skills, strategies, and sportsmanship. The units for this first semester are track & field, soccer and ping pong.

Class Expectations

1. Dress in the required P.E. uniform everyday.
2. Students must show improvement in skills and knowledge of units learned.
3. An illness does not excuse a student from dressing out for P.E. Students will still be asked to participate to the best of your ability.

Medical Excuse

* A parent’s note may excuse a child from participating in class for up to three (3) days.
* Beyond the three days, a doctor’s written note for an illness or injury is required for any student who cannot participate in class.

Grading

Grades will be based on the total number of points that are earned each quarter,

based on the following:

* Participation/Effort: Students are required to dress out in their P.E. uniform, to participate to the best of their ability and to maintain a positive attitude.
* Assessments: Written and physical fitness quizzes
* Daily maximum points = 10
* 60% of student’s grade = daily participation points
* 25% of student’s grade = run/fitness tests
* 15% of student’s grade = quizzes, skill assessments, written assignments and tests
* Grades can be accessed on PowerSchool

Non-Suit Policy

1st non-suit Verbal warning; student will still participate in the daily activity,

 and daily points will be deducted.

2nd non-suit Parent may be contacted and daily points will be deducted.

3rd non-suit Lunch detention, daily points will be deducted, and the student will

 not be allowed to participate in the activity.

4th non-suit Daily points will be deducted along with a referral to the front office.

5th non-suit Referral for possible Friday School will be recommended.

Please feel free to contact me at anytime at 270-6900 or aespejo@eesd.org.

**Physical Education**

**2019-2020**

**Ms. Espejo**

*If you have any questions or concerns, please contact me at (408) 270-6900, or via email at* *aespejo@eesd.org**.*

Students should consider the following:

* Have an extra set of gym clothes.
* Bring an extra pair of socks.
* Wear sunscreen.
* Designate a pair of athletic shoes for P.E. only.
* Store a sweatshirt and sweatpants in your locker.
* Bring P.E. clothes home to wash every Friday.
* Store deodorant in your locker.
* Do not bring valuables to school.
* Drink plenty of water.
* Do your BEST and have fun … and never say that you can’t!