Dear Students and Parents/Guardians,

Welcome to Physical Education! The main goals of this class are to create and maintain physical/mental fitness, develop a basic knowledge of skills, strategies and sportsmanship, learn to value the importance of physical activity for a well rounded lifestyle and realize with hard work and positive attitude that fitness levels can improve. You never know what you’re capable of doing until you try.

**Grading**

Grades will be based on the total number of points that are earned each quarter and are based on the following:

* Participation/Effort: Students are required to dress out in their uniform, participate to the best of their ability and maintain a positive attitude daily.

**Note: An illness does not excuse a student from dressing out; you will still be asked to participate to the best of your ability.**

* Assessments: Written quizzes/tests and physical fitness performance assessments.
* Projects/Presentations: These include various assignments, which may consist of the sports units learned, fitness, rules, performance routines, etc.
* *Grades can be accessed on School Loop online at [www.chaboyams.schoolloop.com](http://www.chaboyams.schoolloop.com)*. Grades are updated every two weeks.
* Daily Maximum Points = 10
* Run/Fitness Day Maximum Points = 10

*Daily Participation including dressing out = 60%*

*Fitness Performance including Weekly Runs = 25%*

*Skills Tests/Written Tests/Written Assignments/etc. = 15%*

***Examples of Point Deductions:***

*3 points will be deducted for poor effort, non-participation, incomplete runs, gum chewing, inappropriate dress (shirts tied in knots, sagging, etc.), if tardy at exercise numbers, inappropriate shoes, etc. In regards to effort, students will be warned first. If the student’s participation does not improve, points will be deducted. A student may lose a maximum of 6 points in one day for lack of effort and a bad attitude.*

*5 points will be deducted for inappropriate behavior, swearing, wearing school clothes under gym clothes, wearing P.E. clothing that belongs to other students, partial non-suits etc.*

*7 points will be deducted for each day the student does not wear their entire uniform (i.e., shirt, shorts, shoes, socks). This includes wearing the wrong colored shirt and shorts.*

*Making Up Class: Students who have* ***more than 3 excused absences*** *in a week span have the opportunity to make-up days missed by completing a written assignment or complete a physical activity at home. PLEASE SEE THE TEACHER FOR THE ASSIGNMENT. Students with* ***unexcused absences*** *will not be able to make up missed day(s) and will earn a zero for each day absent.* ***Students who bring parent notes to school to excuse them from participating in fitness days and run days will be required to make up the fitness/run activity at a later date. Students are still required to dress out. If the activity is not made up within the quarter, the student will receive zero points for the activity****. Otherwise students must dress out and do the best that they can.* ***All missed runs must be made up at school****. Only two make up run days per quarter. If a student chooses not to make up a run, a zero will be issued.* ***If a student has a doctor’s note, the student will be excused from the run day.***

Non-Suit Policy\*\*\* *This P.E. non-suit policy also includes partial non-suits.*

1st non-suit Verbal warning; student will still participate in 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 deducted, and the student is not

 allowed to participate in the activity.

4th non-suit Daily points deducted and a referral to the office will be given.

5th non-suit and on a referral for Friday School will be recommended.

*Students should consider the following:*

*-Have an extra set of gym clothes -Bring clothes home every Friday to wash*

*-Bring an extra pair of socks -Store deodorant in your locker*

*-Wear Sunscreen -Do not bring valuables to school.*

*-Store sweatshirt and sweatpants in locker - Drink lots of water*

*-Designate a pair of athletic shoes strictly for P.E*

*-Do your best and have fun…never say you can’t!*

*Chaboya Challenge (FYI)*

*Make a goal for yourself and try to meet the Chaboya Challenge.*

*Listed below are the events and standards to qualify for a Chaboya Challenge T-Shirt.*

 *Boys Girls*

*Mile 7:00 7:55*

*Curl-ups in 1 minute 53 46*

*Shuttle Run 9.5 seconds 10.2 seconds*

*Sit & Reach 11 inches 13 inches*

*Pull-ups 6 3*

 *I’ve read and understand the Chaboya non-suit policy and Ms. Fellows’s expectations. If I have any concerns or questions I’ll contact Ms. Fellows at Chaboya (408)270-6900 or email via school loop* [*www.chaboyams.schoolloop.com*](http://www.chaboyams.schoolloop.com).

*Student’s Name: (print first and last).*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Student’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Period*:\_\_\_\_\_\_\_

*Locker Assignment:\_\_\_\_\_\_\_ Lock combination\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *Lock Serial #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Parent’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Emergency Phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Comments or Concerns: