**CHABOYA P.E.**

**MR. FRANZA**

**1ST, 2ND, 3RD,4th, & 5th & period**

**EMAIL**-JFranza@EESD.org

 Welcome to Mr. Franza’s P.E. class,

The physical education department at Chaboya believes in healthy living and that begins with daily physical activity. This P.E. class will offer a variety of sports and fitness activities. The students will be asked to learn rules and participate in basic and fundamental activities. Hopefully this will encourage them to become a lifelong participant in a healthy lifestyle.

**Units for 2019 First Semester will be:**

- PHYSICAL FITNESS TESTING

- WEIGHT TRAINING

- PING PONG

- TRACK AND FIELD

-TOO GOOD FOR DRUGS

 The physical fitness and Too Good for drugs units last about one week and the others last 18 to 22 activity days. We will also have an aerobic day once a week, which will include running the mile or some other distance run.

**GRADING POLICY:**

Students are required to suit up every day in their P.E. uniforms.

Areas to be graded:

PARTICIPATION/DRESSING-------------------------------60%

IMPROVEMENT/KNOWLEDGE OF UNIT----------------20%

EFFORT---------------------------------------------------------20%

 If at some point your son or daughter falls below a “B” a phone call home will be made.

* I will post grades at progress report time and when quarter grades are due.

**NON SUIT POLICY**

1 non suit- verbal warning

2nd non suit-parent may be contacted, loss of points

3rd non suit – parent will be contacted, loss of points, detention

4th non suit- referral to office, loss of points

5th non suit- referral for Friday school