Physical Education

Mr. Henry

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**Overview and Philosophy:**

Chaboya’s Physical Education Department believes that physical activity is a necessity for healthy living. We strive to promote an appreciation of sports and fitness by providing a variety engaging activities. Students will be provided the opportunity to practice skills and learn rules of these activities as well as to develop the basic fundamentals that will allow them to become lifelong participants.

**Grading:**

Your grade can be checked online at http://chaboyams.schoolloop.com.

Your grade will broken down into the following categories:

* **60%:** dressing, participation and citizenship.
	+ 10 points are possible each day for participation. In order to earn full credit, students are expected to be on time, fully dressed, active participants in the activity and demonstrate proper classroom conduct.
	+ Non suit policy:
		- * 1st non-suit: Verbal warning and loss of points
			* 2nd non-suit: Parents may be contacted and loss of points
			* 3rd non-suit: Detention and loss of points
			* 4th non-suit: Referral to office and loss of points
			* 5th non-suit: Referral for Friday school
* **25%:** fitness and running. Students should anticipate weekly runs and/or fitness training/testing.
* **15%:** various assessments. Examples of this category are written tests, skills tests and writing assignments.

**Illness/medical reasons for non-participation**

An illness does not excuse the student from dressing out. A parent/guardian note can excuse a student for up to a maximum of 3 days. A doctor’s note is required for excuses beyond 3 days.

**Student Expectations:**

* Respect: Students are expected to respect their classmates, teacher, the equipment and themselves.
* Effort: The majority of your grade will not be based on skill, but rather on effort. Everyone can’t be the best at everything, but everyone can at least try their best.
* Attitude: Since one of the goals of this class is to learn how to participate in activities, students will be expected to enter the classroom with both a willingness to learn as well as a positive attitude.
* Dress: Students are expected to dress in their P.E. uniform each day in order to promote proper health and hygiene. It is the student’s responsibility to mark their uniform so it can be identified in the case of loss.
* Have fun!

**Recommendations:**

* Bring P.E. clothes home to wash every Friday.
* Store deodorant in your locker (no glass bottles).
* Designate a pair of athletic shoes for P.E. only.
* Think about wearing sunscreen, especially on sunny days.
* DO NOT leave valuables in your locker.
* Do your best and have fun!