

Dear Parent(s) and/or Guardian(s):

The DMS Physical Education teachers would like to take this opportunity to welcome your student to the Physical Education Program. It is our belief that Physical Education is an important aspect of the total education program.

Through our program we hope to instill in your child an appreciation for fitness and lifelong physical activity. We believe that exposure to several individual and team sports, as well as a comprehensive physical fitness program, will help your child in making positive decisions in regards to their health.

With this in mind, we have included the following activities in the Physical Education curriculum: New Games, Frisbee, Track & Field, Flag Football, Fitness, Soccer, Basketball, Street Hockey, Paddle Tennis, Volleytennis, Softball, and Archery.

A comprehensive physical fitness program is also included. This program is highlighted by daily warm-up and stretching periods with emphasis placed on proper technique. Development of Cardiovascular fitness is achieved through daily runs. Furthermore, one day per week is dedicated to fitness and may include the mile run.

### **GRADING**

Each unit will be graded as follows:

Participation  
Fitness Days (Thursday)  
Assignments

**Participation:** This includes participation in warm-ups, daily runs, and the activity. It is extremely important that your child participate to the best of his/her ability each day.

**Fitness Days:** A fitness day will occur once a week. If a fitness day is missed it will need to be made up on Wednesday at the beginning of lunch. Each fitness day will be graded based on correct participation. Once a month the mile run is the activity for the fitness day and the student will be graded based on time.

**Assignments:** This will include papers that require a parent signature, plus other required work.

### **NON-SUITS**

Day Middle School has a strict non-suit policy since suiting up affects the ability to participate. Since we have PE clothes to loan out, we expect your child to suit up every day. If your child does borrow PE clothes the following will apply per semester.

First time - No penalty  
Second and Third time - Reduction of PE points for the day  
Fourth and Fifth time - Reduction of PE points, lunch detention, and parent contact  
Sixth time or more - Reduction of PE points, and office referral

### WATER

Please be sure your child is well hydrated before their PE class. We are very active and drinking lots of water is very important in our hot Temecula weather. Our limited time in class does not allow your child to go to the drinking fountain during their PE class; however, if they bring a water bottle to PE, they may drink whenever they want.

### COLD WEATHER

Sweat clothes are allowed during cool weather. No flannels, long underwear or jackets are allowed. If students purchase their own sweats they must be made of cotton, not nylon, and be a solid Black or Gray with no emblems or writing on them. For safety reasons, zippers may not be on the sweatshirts. Sweatpants and sweatshirts with the James L. Day logo will also be offered throughout the year and are available in room 515, the ASB Student Store.

### HATS

Baseball style hats may be worn during PE class at any time. Additionally, appropriate Beanie style knit caps may be worn when the temperature is 60 degrees or cooler. We also encourage the use of sunscreen to protect your student from the sun.

### MEDICAL EXCUSE NOTES

In the event that a student is required to be out of Physical Education for more than 3 consecutive days a doctor's note is required. Please have your student bring the doctor's note directly to their PE teacher. If a student is to be excused from PE class for less than 3 days the student must present a parent or guardian note to the PE teacher. Please include your name, your child's name, the date, reason for the excuse, signature, and phone number.

### LOCKER AND LOCKS

Each student will be issued a locker and lock at the beginning of the school year. They are responsible for the lock issued to them. If the lock is lost or damaged, they will need to purchase a new one through the PE department for five dollars.

### LOST AND FOUND

Each year we have a large selection of lost PE clothes, sweats, and jewelry. Please have your child check the "Lost and Found" in the locker room if they have lost an item during PE.

### OTHER CLASS POLICIES

- Listen to and follow directions given.
- Ask questions or ask for help when needed.
- Jewelry is not to be worn during class for safety reasons.
- Be on time to class.
- Gum is **NOT** allowed.
- No horseplay.
- Please, take your PE clothes home every **FRIDAY** to be washed.
- Make this class a physically and emotionally safe environment for all.

Thank you for taking the time to review this letter with your child. I am looking forward to a wonderful year.

Thank you,

Debra L. Prevo  
699-8138 ext. 1810

**\*PLEASE KEEP THIS PORTION IN YOUR NOTEBOOK.**

