

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: 70%

Fitness Days: 30%

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. This also includes papers requiring a parent signature (syllabus), in addition to any other required work such as online assignments.

Fitness Days: A fitness day will occur once a week. If a fitness day is missed it will need to be made up on Friday during class time.. Each fitness day will be graded based on correct participation. Students will be given a variety of physical fitness tests during the semester. The mile run is the activity for the fitness day and the student will be graded based on time. The Push Ups and Curl Up test are graded on the number completed.

Absences: If a student is absent from school, the student is responsible for making up the points for that day. Make-up work can be found on Canvas and assigned by the teacher.

NON-SUITS

Each student is required to change into PE clothing (clothing other than what was worn to school). Your child is expected to dress out every day. Loaner clothes are available if the student forgets to bring their clothes, however there will be consequences if this occurs repeatedly (see below).

The school does have school logo PE clothes for sale. This can be bought through ASB. A student may choose to purchase clothing outside of school, however, the shorts must be black and free of any logos or graphics, and the t-shirt must be gray and free of any logos or graphics. Appropriate athletic shoes must be worn: no boots, sandals, slippers, or hard-sole shoes. Cold weather clothing (sweats) may be purchased through ASB, and the above rules still apply (black shorts, gray t-shirt with no zippers, logos, graphics).

1. 1st nonsuit: warning and no consequences
2. 2nd nonsuit:lunch detention

3. 3rd nonsuit: student will lose 5 daily points

4. 4th nonsuit and more: student is marked as a "NON Participation" and loses ALL daily Points.

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. Alternate assignments will be assigned by the teacher.

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. Please feel free to contact the PE department with any further questions or concerns. We are looking forward to a wonderful year.

Sincerely, DMS PE Dept.

Please respond by Text box entry that you have received and read the PE class policies. Also list any medical information that I may need to be aware of for the safety of your child.

Thank you
Mr. Bonaventura

Timed Mile Grades

A+ = 6:00 - 7:30minutes (100pts)

A = 7:31 - 8:59 minutes (90pts)

B = 9:00 - 10:59 minutes (80pts)

C = 11:00 - 12:59 minutes (70pts)

D = 13:00 - 14:59 minutes (60pts)

15minutes >Need Improvement (50pts)