

# SAN LORENZO VALLEY MIDDLE SCHOOL

## Course information sheet

**Department:** Physical Education: Grades 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>

**Teacher:** Chris Coulson contact at: [ccoulson@slvusd.org](mailto:ccoulson@slvusd.org) or 831-335-2714

### Course Description

This course offers a varied program of team and individual physical activities with emphasis on instruction and play aimed at skill development and personal fitness.

### Units covered

Swimming	Flag Football	Volleyball	Frisbee	Paddle Tennis	Soccer
Softball	Track & Field	Badminton	Hockey	Basketball	Fitness

### Course Goals (students will be able to)

- Improve cardiovascular fitness and strength
- Learn and demonstrate knowledge of basic rules, strategies, and physical skills of the activities listed above.
- Learn and demonstrate personal responsibility, sportsmanship, and fair play through class participation.
- Develop skills enabling him/her to participate in lifetime physical activities.

### Expectations of Students

- Display a positive attitude, good sportsmanship, and good behavior to promote a fun, safe learning environment.
- Be on time for class and dress out in PE uniform daily.
- Remain behind the red line until the bell rings ending the class period. Students who leave early will lose participation points for the day.
- Participate in activities/complete assignments.
- Show respect for teacher, classmates, and equipment.
- Listen, pay attention, and cooperate with instructor.
- Show maximum effort to improve skill and fitness level.
- Horseplay, food, or drink are not allowed in class or in the locker room. (bottled water is acceptable and recommended)
- Lock all valuables in your locker

### What you will need for class

#### 1. PE Clothing: \$22/pair

Athletic clothing needs to be marked with your name. You also need athletic shoes and socks. You may not wear your uniform over your school clothes. Students are welcome to wear sweat outfits over the PE uniform, but not in place of the uniform. During the swim unit, students are expected to bring their bathing suits and a towel.

2. **\$3 locker fee:** Do not bring your own lock. We will provide locks for all students.

### Grading: Point system

5 points are earned for every hour of class participation for a total of 25 points possible on a regular school week.

“A” days = 5 points

“O/E” days = 10 points

Examples of actions that result in less than maximum points for the day include being tardy or absent, not participating in class or an activity, not being dressed out, not following directions, engaging in disruptive behavior.

### **Parent and Doctor Notes for Illness or Injury**

Notes excusing a student from participation will be accepted. However, students must attend make up days to receive the points missed. Student with long term injuries (missing more than three days of class) will have the option of doing the Long term Injury Report to make up for missed days (directions for the assignment are on my website).

I update the grades every week. It is your responsibility to check your grade on line on a weekly basis. If you do not have access to power school, you are more than welcome to come to me and I will show you your grade.

### **Make up policy**

Students can regain lost participation points by attending after school make up days the last 2 weeks of each grading period or by other arrangements made with me. To attend the make up days and receive credit, students must dress in their PE clothes, meet the teacher on the track by 2:30, and are then free to go after they have run 5 laps. There will be 4 make up days at the end of each quarter and will be listed in the PE windows.

### **Website and Instagram**

**Website - coulsonpe.weebly.com      Instagram - cmcoulson529**

This year I will be using my web page and Instagram frequently to inform students and their parents about what is going on in my classes. I will frequently post videos and pictures of in class activities. These pictures will **always be of groups of students** but a PHOTO/LIKENESS RELEASE is still required. If you consent to allowing your son's or daughter's likeness to be used please indicate so below. Please contact me if you have any questions about the use of social media in my class.

Please sign below and return to Mr. Coulson by **8/25/2015**. **The course outline is available on my website if you would like to review it in the future or I will provide you a paper copy upon request.**

I have read and discussed the PE course outline with my parent/guardian.

\_\_\_\_\_ student's name (**please print clearly**)

I have read and discussed the PE course outline with my son/daughter

\_\_\_\_\_ parent's signature

### **PHOTO/LIKENESS RELEASE**

I hereby grant San Lorenzo Valley Middle School (SLVMS) permission to record and use my child's name (first name only) and image, visual likeness, portrait, photograph, and voice (collectively referred to as "likeness") in all forms and social media, including Facebook, Twitter and Instagram, or any other media, for the purpose of education and communication or any other lawful purpose. I hereby waive any right to payment, compensation or royalties arising out of or related to the use of my child's likeness by SLVMS.

### **Please indicate by initialing below**

\_\_\_\_\_ **I agree** to the terms and conditions above and consent to allow my son's/daughter's likeness to be used as described therein

\_\_\_\_\_ **I do not agree** to the terms and conditions above and do not consent to allow my son's/daughter's likeness to be used as described therein