

SAN LORENZO VALLEY MIDDLE SCHOOL

Course information sheet

Department: Physical Education: Grades 6th, 7th, 8th

Teacher: Bradley King contact at: bking@slvusd.org Office phone: (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

Health/Nutrition	Swimming	Volleyball	Soccer
Softball	Badminton	Track and Field	Basketball
Fitness	Football	Open Unit/	New sport exploration

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 a lifetime of 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.
- Students will wear the school p.e. uniform.
- Remain behind the red line until the bell rings ending the class period.
- 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, gum or drink are not allowed in class or in the locker room. (bottled water is acceptable and recommended)
- Students will be expected to lock their personal belongings in their assigned 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.

\$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. Grades will be updated once a week. It is your responsibility to check your grade on line on a weekly basis.

Doctor Notes for Illness or Injury

Only a doctor’s note will excuse a student from participation. Anything other than a doctor’s note will be expected to be made up.

Make up policy

Students can regain lost participation points by attending after school make-up days.

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

Hiking Opportunities

We have a beautiful forest full of hiking trails behind our school. However, in order to have a fun and safe hike we will need at least one more adult to join us. Expect emails requesting help.

---**Social Media sites are in the works. Stay tuned for updates! (E.g. Photo of the week or Unit)**

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.King by the end of the week. **If you would like an additional copy of this sheet, I will provide you with one 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 there in.

_____ **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 there in.

