

Mr. Caldwell's Physical Education Class

Good evening parents and guardians. My name is Neal Caldwell and I will be your son's/daughter's PE teacher this year at Sierra Vista. Please take a minute to read the information below to learn more about how Physical Education works at Sierra Vista.

I also encourage you to visit my website www.CaldwellPE.com to read the information I have provided to help guide your son or daughter through the world of exercise, nutrition, and health. My website is where my students go to print out class handouts and the study guide for each sport we play. I have many other tools that each student will need to read and watch as the year goes on. You can also learn more about grading, uniforms, medical excuses and lunch time sports.

I will also send home a school wide, monthly physical education newsletter to keep you informed on what's going on in PE. If you have any questions or concerns please call/email me anytime.

Thanks,

Neal Caldwell
949-936-6649
nealcaldwell@iusd.org

2014-2015 Unit Calendar

Sports are played on Monday, Tuesday and Friday

Wednesday we have a school wide jog/walk

Thursday we have functional fitness, strength training, and primal pattern movement training

Sports Calendar

September
Flag Football

October(choice)
Soccer

November
Pickleball

December
Long/Short Jump Rope
Ping Pong

January
Team Handball

February
Strength Training
Primal Pattern
Movements

March
Ultimate Frisbee

April
Softball

May
Review Flag Football
Soccer
Ultimate Frisbee

June
Sierra Vista Olympics

Physical Education Grading will be based on a composition of the following...

- Written tests, peer evaluation, self evaluation, journaling, teacher observation, technology assignment.
- Technique evaluation.
- Work habits, attitude, dressing out and degree of effort on a daily basis.

Points will be deducted for incomplete uniform, non-participation, being tardy to class, and poor attitude.

Extra credit will be offered at the individual teacher's discretion.

You will be able to access your child's grade each week on parent portal. If you have any questions about your son's or daughter's grade please contact me anytime.

Medical Excuses

A note from a parent/guardian may excuse students from activity when ill/injured for up to 3 days. It must specify the desired dates of inactivity.

Students are expected to dress out for class.

Beyond 3 days, a doctor's note is required with specific dates of anticipated non-participation.

Students must report all injuries that occur during class to their teacher immediately

Students who have long term injuries will check out of P.E. and report to the library during their P.E. period.

Uniforms

1 –The uniform consists of Sierra Vista Middle School black shorts, gray shirt and full lace-up athletic shoes with socks (cross-trainers or basketball shoes. No platforms or opened toed shoes of any kind).Uniforms are available in the front office before and after school.

2 –You can bring a separate pair of PE clothes (top and bottom not your school clothes) from home that are school colors (red, white, gray, black) with no logos or markings of any kind.

3 -Sweat clothes (tops, bottoms or both) may be worn in the cold. They must be a separate pair of sweat clothes from your school clothes and be school colors(red, white, gray, black).