

Sierra Vista Middle School
Mr. Hough's Physical Education Class 7th/8th Grade

Dear Charger Parents and Students,

Welcome to another exciting school year! As your child's Physical Education teacher, I hope participation in Physical Education this year will be exciting, enjoyable, and beneficial for every student. If at all you should have any questions or need to contact me, the best way to contact me is through email at davidhough@iusd.org . I'm usually able to respond via email within 24 hours. If you need to get a hold of me immediately, I can be reached by phone at **(949)-370-6614**

To provide a positive learning environment, I would like students to follow some basic rules and classroom expectations. Please review these with your student.

- * Please be seated on your assigned roll numbers quietly at the beginning of class.**
- * If you wish to ask a question please raise your hand.**
- * Be courteous and respectful to others at all times.**
- * Please refrain from handling athletic equipment without permission.**
- * No food or gum is allowed on the blacktop. Water is encouraged in a plastic container.**
- * Follow all safety rules and class rules.**
- * Dress out and be prepared to participate daily-**
California State Standard 3.5- Students will participate in moderate to vigorous physical activity a minimum of 4 times per week.

Uniforms

***Sierra Vista PE Uniforms are available in the front office before and after school for purchase.**

The uniform consists of Sierra Vista Middle School black shorts, gray shirt and full lace-up athletic shoes with socks (running shoes, cross-trainers or basketball shoes). Platforms, opened toed shoes, and Toms are not suitable for class. If you do not wish buy Sierra Vista PE shorts or shirt, you can provide your own PE clothes (top and bottom not your school clothes) from home that are school colors (red, white, gray, or black). They must be plain with no logos or markings of any kind. Sweat clothes must be school colors as well and should be kept in your school locker to be worn on cold days. Your PE clothes must be marked with BLACK permanent marker in 2" high letters in the following manner:

Shirt- First and last name in the white rectangular area of shirt.

Shorts: First and last name in the white rectangular box on the left leg of your shorts.

No additional text/graphics or new clothes will be required at your cost. Writing on other student's property/clothes will result in replacement at your cost. There will be no cutting or modifying your PE clothes in any way. Modifying your PE clothes will result in a dress code violation, loss of credit, and replacement at your expense.

***Wearing your PE clothes everyday is part of the homework you have for PE on a daily basis just like any other subject. You need to be responsible. Bring your clothes daily and wash them at least once a week.**

Honors/Rewards

Students who follow the rules and display positive attitudes will be rewarded in these ways:

- *Charger Cards! (Good for prizes, front of the lunch line, BBQ's, etc!)
- * Acknowledgement! (The highly revered Student of the Month Award, Student of the Year)
- * Leadership roles in activities (Team Captain, group leader, skill demonstration!)
- * You will have fun, get fit, and you'll improve your locomotor and manipulative skills!

Consequences

- * Verbal Warning (student/teacher conference)
- * Teacher assigned consequences (Exclusion from the activity, loss of points, detention)
- * Parent contact.
- * Referral to administration

Absences/non-dress

If your son/daughter needs to miss P.E, please send a note explaining the nature of his/her injury, and the length of non-participation time (**parent note is required for 3 days maximum, beyond 3 days requires a doctor's note**). Students will be sent to the library during PE until recovery.

Grading

Students will be graded on points per Unit scale and grades can be viewed online on Aeries Parent Portal. Students will receive points for dressing out daily, effort/participation, and assignment completion. The teacher grades using the following methods-

Visual Assessment-Teacher observation of student effort/participation in daily activities.
Self/ Peer Assessment- Students grade themselves and each other on their skill acquisition.
Formal Assessment- Quizzes/assignments which gauge student's content knowledge.

Example for a 2 week unit-

- 20 points- Dressing out
- 30 points- Daily effort and participation
- 10 points- Quiz on rules, techniques, position roles, and skill assessment.

Scale- 90-100% = A, 80-89%=B,70-79=C.

Extra Credit-Is given if a student exhibits outstanding effort in class.

“Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”

John Wooden- 10 Time NCAA National Champion Coach.

Please Sign and return this portion to acknowledge that you have read and reviewed this letter with your Parents.

Student's Name _____ **Period** _____

Parent Signature _____

