

Hello everyone. 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](http://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. The website also has many other tools that each student will need to read and watch as the year goes on, including information about grading, uniforms, medical excuses and lunch time sports.

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

Thanks,

Neal Caldwell  
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[nealcaldwell@iusd.org](mailto:nealcaldwell@iusd.org)

## 2019-2020 Unit Calendar

Along with each sport and activity below each student will also participate in weekly jog/walk, sprinting, strength training focusing on the primal pattern movements and ELDOA which includes stretching and posture exercises.

September  
Flag Football

February  
Functional Strength Training/WOD/Fitness

October  
Long/Short Jump Rope

March  
Ultimate Frisbee

November  
Pickleball

April  
Soccer

December  
Recreational Games

May  
Team Handball

January  
Ping Pong

June  
Sierra Vista Olympics

**Physical Education Grading/Citizenship/Work habits will be based on a composition of the following...**

- written tests, peer evaluation, self-evaluation, journaling, teacher observation, technology assignment
- technique evaluation
- work habits, degree of effort on a daily basis

Parents are 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 for purchase 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).