

## **Physical Education - Mr. Lopez (Jefferson Schools)**

[julopez@jsdtracy.com](mailto:julopez@jsdtracy.com)

Welcome to the new school year! Your child will have PE every day, I look forward to our time together! If you would like to communicate with me, email is the best because I am often outside or not in a classroom.

### **Lessons are composed of- Standards Based Physical Education**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### **SHOES**

For safety reasons and foot health, athletic shoes are critical for proper participation. Athletic shoes could include: tennis shoes, running shoes, basketball shoes, cross trainers etc. Flat shoes or vans can ultimately cause foot and heel pain. They may use them, but the amount of activity we do for class can create issues. They may not use **boots, sandals, crocs, etc.** If students do not have the correct shoes for the class, they may need to do different activities and or lose participation points. Some students find it practical to keep an extra pair of shoes in their school cubby or backpack. I would love to help in any situation regarding shoe questions.

### **SICK/INJURY NOTES**

Please email me personally or write me a note that your child can give me if you would like your child to be excused from PE due to illness or injury. You email their classroom teacher, I may not receive the information as needed. We are required to have a note from a parent / Guardian for excusal, and this way I can help take care of your child and I will modify the lesson specifically for your child. It also ensures that the student will get all participation points for the day. If a note or email is not presented the day the student is excused, I will accept it within 24 hours. If I still don't receive one, points will be deducted from the grade.

## **GRADING**

Each day, the student earns 10 points for my PE class. Participation/Effort (80%) includes written and oral assignments, Teamwork (10%), and Citizenship (10%). Participation coincides with effort and progression which are essential in class. As long as students consistently give their best effort and demonstrate mutual respect to others, they will be successful.

**Participation/Effort includes:** Participating in physical activities, completing PFT's, wearing the proper shoes and clothing, written, and oral assignments. **8 points/per day**

**Citizenship includes:** Having a positive attitude. Being respectful, kind, and courteous to your fellow classmates and instructor. **1 points/per day**

**Teamwork includes:** Helping teammates to accomplish specific goals, encouraging one another, and winning and losing with respect and honor. Have a positive attitude! **1 points/per day**

- 60 days per trimester
- 10 points a day
- 600 points per trimester
- **Students will be graded on their mile times and Physical Fitness Tests (PFTs) scores.** Students can earn full points for attempting all tests to the best of their ability and improving their scores/times. The student's grade/score is based upon effort and on the growth/improvement of the student's times/scores. If the students' scores are steadily improving and/or are within the FITNESSGRAM Healthy Zone (for 7<sup>th</sup> grade) and the Jefferson Fitness Challenge Standards (for 8<sup>th</sup> grade) the student will receive full points. If the student's scores show no improvement and/or are not within the "Standards" the student will not earn full points. Students will get a grading rubric in class for both the mile runs and PTFs.
- **The Mile Run is one of the Physical Fitness tests.** The students will run the mile at least once a month depending on the weather.

## **PHYSICAL FITNESS TEST (PFT)**

Each week will consist of physical fitness testing to prepare for the FitnessGram test which students will do all the way through high school.

## **DAILY CLASS PROCEDURES**

### **Performed at the beginning of class:**

Attendance/Static Stretch/Dynamic Warm Up/Strength/Jog

### **Introduction to Daily Lesson/Activity**

Can be fitness related, skill based or game affiliated.

### **Individual/Team Practice**

Working on skills or games.

### **End of Period**

Closure of the day

Cool down, stretch, water.

**Mr. Lopez Physical Education Parent/Guardian Form**

**Return to Mr. Lopez**

I would like to provide the most inclusive and safest environment possible for each child. Please help me by using the bottom of this form to alert me to any medical conditions or prior injuries I should be aware of such as: asthma, allergies, diabetes, etc. Please also list if your child is using an inhaler or any other medications (some can cause dehydration, nosebleeds etc.)

I am aware you have already filled out many forms regarding your child. I appreciate you taking the time to fill this out for me, so I am aware specifically from you. I teach almost 200 Students a day and I would like to take care for each of them as needed. Thank you so much.

**RETURN TO MR. LOPEZ ASAP:**

**STUDENT** \_\_\_\_\_

**SCHOOL** \_\_\_\_\_

**CLASSROOM TEACHER** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**CONCERN(S)** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**Parent/Guardian Signature**

**DATE**

**THANK YOU!**

*Mr. Lopez*