

Physical Education - Mr. Lopez (Jefferson Schools)

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

Excusing a student from PE:

- a. **Doctor Notes** – It is important that the doctor's note clearly states the level of physical activity restriction. (I.E.- No PE at all or no use of a hurt hand/arm)
- b. **Parent Notes** - Students are allowed **4 days/classes/periods per semester** to be excused from PE by a parent/guardian. If your student needs more than 4 days a trimester to be excused from class, he/she will need a doctor's note excusing them from PE class. Every day the student sits out of PE class without a doctor's note, the student will not earn points.
- c. **Written Make-up Assignment** - For every day a student is excused from PE, the student must read an article or chapter and write a **100-word summary**. The magazine/book/article must pertain to physical education, sports, fitness, or health. Students can earn up to 10 points a day for the completed summary. **The summary is due at the end of the period.** The points will be entered into the "Written Work" grading category. After completing the summary, the student may read, study, and/or complete homework until the end of the period.

GRADING

Each day, the student earns 10 points for my PE class. Participation/Effort (80%), teamwork, and citizenship (10%). Participation coincides with effort and progression which are essential in class. As long as students consistently give their best effort, teamwork, 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.

Citizenship includes: Having a positive attitude. Being respectful, kind, and courteous to your fellow classmates and instructor.

Teamwork includes: Helping teammates to accomplish specific goals, encouraging one another, and winning and losing with respect and honor. Have a positive attitude! **10 Points/per day**

Written, and Oral Assignments Includes: Students who do not participate in physical activity due to parent note or doctor's note will have a written or oral assignment for the day. They will be able to attain participation points but will lose teamwork and citizenship points for that day. **10 Participation points/per day.**

PFTs include: Any time we test our mile time, pushups, curlup/situp, trunk lift, pacer, sit and reach, and shoulder stretch. **10 points/per movement**

- **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 7th grade) and the Jefferson Fitness Challenge Standards (for 8th 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/Lunch Count/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 of you. I teach almost 200 students a day and I would like to take care of 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

Updated: 7/31/25