

Dear Parents and Students:

Welcome to the Edward Harris, Jr. Physical Education Program. Our primary goal is to teach every child from the physically gifted to the physically challenged-how and why they should keep themselves healthy throughout their lifetime.

In our physical education program, we provide learning experiences that are developmentally appropriate, and increase physical activity. Our physical education curriculum includes a balance of skills, concepts, game activities, physical fitness, and dance experiences designed to enhance the cognitive, motor, and social development of every child.

Throughout the year we teach activities that allow children the opportunity to work together to improve their emerging social skills. These activities also help children develop a positive self-concept. Ongoing fitness assessments are used as part of the process of helping children understand, enjoy, improve, and/or maintain their physical health and well-being.

Finally, our classes are designed so that ALL children are involved in activities that allow them to experience the joy of movement.

### **Student Expectations and Responsibilities**

- 1.) To do your personal best each day in all aspects of class.
- 2.) To use proper social skills at all times and uphold the behavior agreement.
- 3.) To attend class in the proper clothing for the prescribed activity/facility and weather.
- 4.) To be responsible for all medical excuses, notes, readmits, and make-up work.
- 5.) To complete all class responsibilities and required work.
- 6.) To get to class and roll call on time.
- 7.) To be sure locks and lockers are secure.
- 8.) To take care of P.E. clothes, including storage, cleaning and repair.
- 9.) To take care of all bathroom needs before going to class.
- 10.) To report an injury to his/her instructor immediately.
- 11.) To keep the physical education area clean and respect all facilities and equipment.

### **Curriculum**

The Edward Harris, Jr. Physical Education Program offers students a diverse curriculum that include individual and team activities, cooperative games, and our newly developed CrossFit Kids program.

Through the activities the following Physical Education Standards will be addressed:

1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
3. Students assess and maintain a level of physical fitness to improve health and performance.
4. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance
5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

### **Make-Up Work**

Each teacher will provide make-up work for excused absences and medical excuses. It is the student's responsibility to ask for and complete any make-up work. Make-ups will be on Thursdays at the **BEGINNING** of each lunch.

### **Grading**

Throughout the school year teachers will assess each student to determine improvement and proficiency in the following areas:

*Physical Performance:* Routines, fitness test, skill test, run times, self assessment, and peer assessment.

*Academic Performance:* Notebooks, written test, homework, writing and reading assignments, goal setting and graphs.

*Social Skills:* Cooperative learning activities, problem solving, small group and class discussion, and self assessment.

Please review individual teacher parent letters regarding grading policy.

### **Dressing Policy**

The Physical Education uniform for Edward Harris, Jr. is as follows:

*Top:* EHMS physical education t-shirt, EHMS spirit wear, or plain grey t-shirt (no graffiti)

*Bottom:* EHMS physical education shorts or plain black shorts (no graffiti)

*Sweats:* EHMS physical education sweats and sweatshirt or plain gray sweats and sweatshirt. (No logo or graffiti/writing).

*Socks:* athletic socks recommended.

*Shoes:* Athletic and facility/activity appropriate.

Edward Harris, Jr. physical education clothing is available at the student store throughout the school year. Prices will vary.

All physical education clothing must have student's first initial, last name printed on both the shirts and shorts for identification. We also suggest printing last name on sweats and sweatshirts.

STREET CLOTHES ARE NOT ALLOWED UNDER ANY PE UNIFORM. Student is considered a non-suit.

Physical Education students are REQUIRED TO DRESS EVERYDAY. STUDENTS ON MEDICAL EXCUSES ARE STILL REQUIRED TO DRESS, UNLESS SPECIFIED BY TEACHER.

**Loaner Clothing and Non-Suits**

PE non-dress will be divided into two categories:

a. Loaner Policy

# of Loaner	Consequences
1st time	Warning
2nd time	Warning/ loss of 5 pts
3rd time	Warning, teacher calls home/ loss of 5 pts
4th time	Counselor referral, teacher & counselor calls home/ loss of 5 pts
5th time	Counselor referral, teacher & counselor calls home/ loss of 5 pts
After 5th	Administrative referral, teacher & administrator calls home/ loss of 5 pts

- Students are required to have their I.D. card, agenda, or school shirt to check out loaners.
- Students must get loaners at the beginning of class.
- If you fail to return loaners, you must pay to replace the clothes. You will be put on the No Activities List until your account is settled.

b. Non-Suit Policy

Students are given the opportunity to wear loaners. If a student chooses to be a non-suit the result is a loss of all points for the day **which may not** be made up. Non-suits result in an automatic referral.

**Locker Room Policy**

Physical Education students will be able to use a personal locker. The personal locker is for overnight storage of clothing and essentials. During PE, students may use a common locker to store backpacks and school clothing. Students are responsible for remembering their locker number and combination.

Students are responsible for security of their locker. Students need to keep their locker closed and locked with possessions inside. Students should avoid bringing valuables or excessive amounts of money. For best security of possessions, students should keep combinations themselves. EHMS is not responsible for lost or stolen items due to student negligence. **There is absolutely no sharing of lockers.**

**ELECTRONIC DEVICES CANNOT BE USED IN THE LOCKER ROOM,** including taking pictures on camera phones, iPods, and cameras. This is a suspendable offense.

**STUDENTS ARE TO BE IN THE LOCKER ROOM DURING THEIR PE PERIOD ONLY.** They must take all books and binders with them when they leave the locker room.

**THE LOCKER ROOM WILL NOT BE OPENED FOR UNEXCUSED TARDIES.**

No food or beverages are allowed in the locker room or any other Physical Education facility.

**STUDENTS WHO FAIL TO FOLLOW LOCKER ROOM RULES MAY LOSE LOCKER ROOM PRIVILEGES OR USE.**

**More than one group of students use the locker room daily. Students are responsible for their text books and should not store them in the locker room outside of their class period.**

**Lockers must be completely cleared out by 3:30 PM on Friday, May 19<sup>th</sup>. All items left will be donated to charity.**

**Medical Excuses**

All parent notes that excuse students from participation will be considered limited participation excuses. This limited participation excuse will excuse the student from any activity that will affect their injury or illness.

**A PARENT NOTE MAY ONLY LIMIT A STUDENT'S ACTIVITY FOR THAT DAY.** After 3 consecutive days, a doctor's note is required (District Policy).

Only a doctor's note can excuse a student totally from physical activity. Students are required to dress (unless specified by teacher) and are expected to continue with the written and daily notebook assignments.

**Teacher contact information:**

Name	Email	Prep	
		G	Y
Natasha Barron	<a href="mailto:nebarron@egusd.net">nebarron@egusd.net</a>	4 <sup>th</sup>	2 <sup>nd</sup>
Holly Bigley	<a href="mailto:hbigley@egusd.net">hbigley@egusd.net</a>	6 <sup>th</sup>	5 <sup>th</sup>
Keith Lee	<a href="mailto:kmllee@egusd.net">kmllee@egusd.net</a>	1 <sup>st</sup>	5 <sup>th</sup>
Ibn Malone	<a href="mailto:imalone@egusd.net">imalone@egusd.net</a>	4 <sup>th</sup>	6 <sup>th</sup>
Frances Mosley	<a href="mailto:fmosley@egusd.net">fmosley@egusd.net</a>	4 <sup>th</sup>	2 <sup>nd</sup>
Scott Smith	<a href="mailto:scosmith@egusd.net">scosmith@egusd.net</a>	1 <sup>st</sup>	6 <sup>th</sup>