

Ripon Unified School District

7th-8th Grade

Physical Education

Welcome to your 7th-8th grade Physical Education class. You will be participating in many different activities throughout the year. I hope that you will look forward to attending my class, both to learn new activities and to have a great time developing yourself both physically and mentally. This letter is to let you know what I expect of you while you are in class.

Objectives

Physical Education offers a learning experience through physical activities selected and presented with full regard to values in human growth, development and behavior. It is part of the total education program with goals that enhance all other learning experiences by developing communication skills, responsible citizenship, positive relationships and problem-solving skills.

The physical education program in Ripon strives to help each student to:

- Develop interest in and maintain physical fitness
- Develop proficiency in a variety of movement skills
- Have a lifelong enjoyment of physical activity both as a participant and as a spectator
- Develop abilities to express knowledge and a responsibility for his/her behavioral actions
- Learn positive group interactions
- Nurture the above objectives throughout adult life

Grading

(100-90%) = A, (89-80%) = B, (79-70%) = C, (69-60%) = D, 59% & Below = F

PARTICIPATION - You are expected to fully participate in each activity we will be doing.

EFFORT - All students are capable of putting forth their best effort, regardless of skill level.

ATTITUDE - Bringing a good attitude to class will help you and others have a positive experience.

BEHAVIOR - Sportsmanship, consideration of others, and proper language are all different aspects of behavior. All of these are to be demonstrated in a positive way. You should be able to receive an "A" in Physical Education.

Daily Points: 10 Pts. (Mile Days = 20 Pts.)

There are roughly 30 days in each trimester. (30 X 10 pts = 300 points possible per trimester)

- Overall Fitness Assessment
- Fitness runs
- Sport activity
- Mile tests
- Assignments

Make Up Work - Excused Non-participation or Absence

Any student with a verified absence or any student who is at P.E. and has a note stating they are unable to participate can do make up work and not lose their points for that day. The student will be given **two weeks** from the date of absence to turn in Make-Up Work. Students can opt for a make-up mile after school based on teacher availability, or the student can choose a written assignment. It is the student's responsibility to notify the teacher within that time frame if they wish to complete make up work.

Important Reminder: Students are responsible for checking the P.E. calendar. Please keep it in a place where it can be referred to weekly. They should also remember to bring a water bottle. No Gatorade please. There can be No food, or gum in class.

Thank you,
Mr. Dean

Please sign and return to acknowledge that you have read and understand the policies and procedures.

Student Name _____
(Please Print)

Student Signature: _____ Date: _____

Parent Name: _____ Date: _____

Parent Signature: _____ Date: _____

- Please provide E-mail for Correspondence: _____

Please Explain any medical concerns I should be aware of:

Please feel free to email me or call me if you have any concerns or questions.

Thank you,
Mr. Dean
(209) 599-7145
sdean@riponusd.net