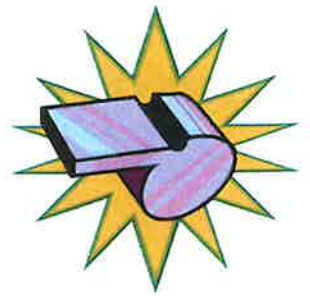


# Ripon Unified School District

## 7th-8th Grade

### Physical Education



Welcome to your 7<sup>th</sup>-8<sup>th</sup> 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.

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

### Possible Point Deductions:

Unexcused absences	Minus 10 points (ask for make-up work)
Non Participation in activity	Minus 2-10 pts
Off task, horse play	
Inappropriate Behavior	

### Possible Point Additions: (2-10 pts.)

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Good citizenship         | 4. Acts of Kindness        |
| 2. Improving fitness scores | 5. Additional Fitness runs |
| 3. Help with Equipment      |                            |

**Dress Code:** School P.E. Uniform must be worn. Students must print their first name and last initial, neatly and in plain view on the **front** of their P.E. shirt. Athletic tennis shoes and socks must be worn. Shoes must give support and withstand hard play on asphalt and grass. In the case of cold or inclement weather a student may wear sweats and sweatshirts. Yoga pants and leggings may be worn as long as their PE shorts are worn over the top of the pants.

**If a student's P.E. uniform is temporarily unavailable, he/she may bring an alternate set of athletic clothes accompanied by a parent note explaining the reason.**



### 7<sup>th</sup> and 8<sup>th</sup> Grade Non Dress Procedure

The following four steps will be taken when a student fails to dress out.

1. First non-dress = minus 10 points and student is given verbal warning
2. Second non-dress = minus 10 points, letter sent home to parent regarding non-dress. If the student returns signed note he/she will receive 5 pts in return.
3. Third non-dress = minus 10 points and phone call to parent.
4. Fourth non-dress = Minus 10 points, phone call home and referral to the principal.
  - Students who come to class as a non-dress will be required to walk the perimeter of the field during class time. Non-dress students will not have free days.

**Excuses:** Students who are unable to participate due to illness or injury should bring a note the first day of non-participation. A parent's note is acceptable for **three** P.E. days. After that a doctor's excuse is required. Occasionally a student will become ill during the day and will be excused from participating. In order to be able to make-up the absence, he/she must bring a note the following P.E. class. If a student is unable to participate due to sickness or medical reasons, *they must still bring their P.E. uniform and shoes in a bag, or receive a non-dress.* Parent's notes must include a reason for excuse date, parent/guardian signature and phone number.

### 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.

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  
sdean@riponusd.net

