

Las Colinas

Physical Education

PVSD Physical Education Mission Statement

To offer a developmentally and age appropriate program designed to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle. Physical Education is an integral part of a balanced education. It offers the opportunity for the development of not only the physical well-being, but also the mental and social well being. A non-threatening, success oriented environment allows the goals of the school's programs to be achieved. A healthy, balanced person is more likely to be successful in intellectual, social and emotional challenges.

Goals

California Physical Education Framework

The main goals of the physical education program are:

1. Movement Skills and Movement Knowledge
 - Students need to develop effective motor skills and to understand the fundamentals of movement by practicing and analyzing purposeful movement.
2. Self Image and person Development
 - Students develop and maintain a positive self-image and strive to become the best that they can be through planned physical activities.
3. Social Development
 - Students develop appropriate social behaviors by working independently and with others during planned physical activity.

Grade Level Emphasis

Aligned with the California Physical Education Framework

Kindergarten: How I move in my environment
Grade One: Moving through space and time
Grade Two: My partner and I – How we move in space
Grade Three: Continuity in change and movement
Grade Four: Manipulating objects in and through space
Grade Five: Manipulating objects with accuracy and speed
Grade Six: Working cooperatively to achieve a common goal
Grade Seven: Meeting challenges and making decisions
Grade Eight: Working as a team to solve problems

Program Outcomes

In accordance with the National Association of Sport and Physical Education

A physically educated person:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of fitness.
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.

Uniform Policy

Las Colinas students dress in their physical education uniform everyday for their physical education class. What if I forget my uniform? It is your responsibility to come to class each day prepared and ready to participate. However, if you do forget your uniform, you will still dress out and participate in the class because you will borrow “Loaner Clothes”. Borrowing loaner clothes should be an unusual event not an everyday occurrence. Detention will be assigned for the third, fourth, fifth and sixth non-suit. Upon reaching the seventh non-suit the student will be referred to the vice principal. **STUDENT’S MAY NOT BORROW OTHER STUDENTS P.E. CLOTHES; THIS WILL RESULT IN A DETENTION AND AN “F” FOR THE DAY.**

Dress Code For P.E.

DO

- Las Colinas T-shirt
- Las Colinas Shorts
- Athletic shoes
- Socks
- Name on clothing
- Sweat – Las Colinas, Navy
Gray, or Black

DON’T

- Jewelry
- Cutoffs
- Street clothes under
or over P.E. clothes
- Street shoes
- Untied shoes
- Food or drinks
- No “sagging” shorts or
sweats

P.E. UNIFORMS ARE TO BE TAKEN HOME EACH WEEKEND TO BE LAUNDERED!!!!!!!!!!!!

Medical Policy

What if you are not feeling well?

Since you are in school, YOU ARE EXPECTED TO PARTICIPATE. Your physical education teacher wants to be fair, but we know that laziness becomes a habit. A note from home or from your doctor is required in order to be excused from participating in class activities. A note does not excuse a student from attending class, dressing in Las Colinas uniform, or participating in activities that can be done safely.

1. A note from home must be dated, have your name on it, be signed and presented to your teacher at the beginning of class.
2. A note will be required from a parent each day out.
3. A doctor's note is needed if out for more than two days in a row.

Discipline Policy

* Students are expected to follow class rules at all times. SEE P.E. EXPECTATION SHEET.

*Daily points will be deducted for failing to participate and follow class expectations.

Grading Policy

How will you be evaluated?

The physical education grading policy reflects what the student has accomplished toward the major objectives of our program.

Students will be graded according to the following categories:

Fitness Testing 50%

Movement Skills 30%

Personal/Social Behavior 20%

Our main interest is each student "strives to be the best that he or she can be". We believe that taking part in activities, trying to learn and grow, and improve , is far more important than how far the ball is thrown or how fast the race is run or how many games a team wins.

Make-Up Policy

Covid 19 Guidelines – If you are required to quarantine or miss class as a result of exposure, we will follow district guidelines concerning all missed classes.

*No make up work for unexcused absences.

*Please see your teacher for make-up work.

Tardy Policy

*See school policy

Cheating Policy

Cheating will not be tolerated. Cheating will result in an "F" for the day and no make-ups

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Class Rules and Expectations

Our job as teachers of physical education is to provide a safe and effective learning environment in which ALL students can successfully participate in Physical Education. In order to be successful in this class, each student must demonstrate the following on a daily basis (failure to do so will have a negative impact on the student's grade):

- 1) Obey ALL school rules;
- 2) Attend class, on time, and be prepared to be active.
- 3) Maintain a positive attitude;
- 4) Listen to and follow directions, stay on task, and demonstrate the ability to work independently or cooperatively with others;
- 5) Put forth your best effort both mentally and physically regardless of any personal conditions or limitations;
- 6) Avoid disrupting and distracting others from learning;
- 7) Demonstrate proper manners, respect, and courtesy towards classmates and teacher(s);
- 8) Avoid using putdowns and profanity;
- 9) Take personal responsibility for actions both positive and negative; and
- 10) Have FUN!!!

-----TEAR OFF-----

I, _____, understand the expectations for my Physical Education class and will attempt to achieve them on a daily basis to the best of my ability.

print student's name

student's signature

student's home phone number

signature of student's parent or guardian

student's P. E. class period

_____/_____/_____
date returned