

WELCOME TO 6th GRADE P.E. / HEALTH

Dear Parents / Guardians / Advocate:

My name is Mr. Walker and I will be your son /daughter's 6th Grade Physical Education and Health teacher. This will be my third year at Century Community Charter School.

We have designed a program for students that will help them develop physical competence in physical activities for a lifetime. Our goal is to help students find a variety of ways to enjoy being physically active so that they will be able to get all of the physical, emotional, intellectual, and social benefits of a healthy lifestyle.

In the Health Curriculum, students will learn important Social, Emotional, and Physical changes they will experience. Students will also demonstrate the ability to understand simple nutrition that promotes good health and recognizes their relationship with body image and weight maintenance.

As teachers we recognize that each student is at different developmental levels, with a variety of needs and interest. Therefore in every class I will promote all students to work as team players in a cooperative environment. Sportsmanship and Safety is our number one priority at Century Community Charter School.

We are very proud to continue the team spirit of Century Community Charter School for the 2018-19 school year.

Sincerely,

Mr. Walker

P.E. / Health Instructor

dwalker@centurycharter.org

Health Class Expectations / Supplies

Students will be expected to complete ALL Work given, class work, homework, group projects to enhance their overall knowledge. All students are expected to ask questions if they do not understand, we as teachers / staff are here to educate your student.

Homework: 20%

Homework will be given on a consistent basis. All work is to be completed on college rule paper using either a black or blue pen only. Homework will receive a mark of: check plus ✓+ – completed, ✓- minus- incomplete, O- no work. Late Homework will only be accepted if the student has an excused absent slip. If a student is absent it is he/she's responsibility to contact a fellow student, and or Mr. Walker's weebly page to view homework. The student is also required to bring an excused slip to class for an extra day to do the missing homework. Students will be expected to turn in work that is due upon their return to school unless they have received prior written approval from Mr. Walker

Participation: 10%

Participation points will be given for Verbal / Kinesthetic demonstration of content knowledge and skill within the classroom. This includes arriving to class on time with all materials in class. Students will be expected to read and answer questions when asked, this is part of the "No Opt Out". Students do not have an option of not participating. By participating students will Empower themselves to Succeed.

Activity: 30%

Students will participate in several activities weekly. Students will be given written work and participate in Role Play, Group & Class Discussions, Presentations, and Debate. All students are required to participate appropriately in the activities listed to receive credit. "NO OPT OUT"

Assessments: 40%

Students will be given assessments to assess their knowledge gained. Assessments will be Formative and Summative: Quizzes (weekly) personal communication, and projects. If a student does not participate in a group project he/she will receive a zero. Mr. Walker will always pick groups for projects so that no student will be left out.

Supplies:

Notebook or Composition book (Exclusively for Health class), pens, black or blue ONLY. College Rule paper loose leaf single sheet paper

Physical Education Expectations / Supplies

Students are expected to wear the school mandated P.E. uniform only during class. Students need to have a clean P.E. uniform daily. Students name will be put on the upper portion backside of the uniform T-Shirt by a staff member with a permanent marker.

Homework: 20%

Homework will be given daily: Clean P.E. Uniform (DAILY), filled reusable water bottle, (water only) and healthy snack.

Absolutely NO disposable water bottles. You need to purchase a reusable water bottle.

Students will need appropriate shoes (running) with laces (Velcro straps Not Allowed), deodorant, and a towel to wipe down. Students will lose points for not wearing or sharing their uniforms with peers. There is NOT half credit given if you wear only a portion of the PE uniform.

Example: PE shirt but you forgot your PE short = ZERO POINTS

PE shorts and shirt and vans or chucks, or toms = ZERO POINTS

Participation: 10%

Participation is expected daily from all students during class. Students will receive participation points by being able to understand and demonstrate the skill introduced.

Each student must participate regardless of the likes or dislikes of activities prepared.
"NO OPT OUT"

Activity: 30%

Students are required to participate in all daily activities designed for class. Students will be introduced to several individual and team related activities. "NO OPT OUT"

Assessment: 40%

Students will be given an assessment based on the standards for the California Physical Fitness Test. Students will be assessed on their Abdominal Strength, Upper Body Strength, and Aerobic Capacity. Students will be assessed at least twice a month in the areas of: 1 Mile Run (not walk), Push-Ups, and Curl-Ups.

Daily Supplies:

Water in a reusable bottle

School mandated P.E. Uniform

CCCS PE Shorts, CCCS PE T-shirt, Athletic shoes w/laces and water

If needed: Towel, Deodorant, Extra Socks

***THIS IS TO BE PLACED IN YOUR BINDER FOR THE ENTIRE YEAR
2012-2013***

Please read this over with your child and Return to Mr. Walker's 6th Grade P.E. class.
Tomorrow for 10 points towards homework.

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I have read and understood the above expectation and supply list required for Health and P.E. for the 14-15 school year.

Period _____

Student name (print neatly) _____

Student signature _____

Parent name (print neatly) _____

Parent signature _____

Current / immediate contact number: _____

Please List any medications, medical conditions or other valuable information regarding your child that might affect their performance in Physical Education this year.
