

SOUTH VALLEY P.E.

Welcome Tigers

Practice Practice Practice

[https://www.youtube.com/watch?v=Kmx4WC
Aj77A](https://www.youtube.com/watch?v=Kmx4WC
Aj77A)

Bathroom

Use in locker room when you are changing,
NOT DURING CLASS!!

Use your time in the locker room wisely!!



Boys Locker Room



Girls Locker Room

Curriculum

Based on California State Standards

- ☐ Watson (Mrs.)
 - Volleyball, Basketball, Soccer, Line dancing, Tumbling, Rugby, Fitness etc.
- ☐ Rowe
 - Individual and dual and team sports –, Team Handball, tennis, pickleball, weight training, tumbling, volleyball, softball, spikeball, frisbee golf, folk dancing, track & field, archery, etc...
- ☐ Collum
 - Team Handball, Soccer, LaCrosse, Dance, Floor Hockey, Basketball, Badminton etc.
- Watson (Mr.)
 - Pickleball, Badminton, Weight training, Golf, Frisbee, Track and Field, etc.







□ Fitness days are 3 times a week

they will include:

- -Mile Run
- -Decoder Run
- -Fitness Kickball
- -Interval Running
- -Team PACER
- -Star Run
- -Fitness Stations
- -Weight Training
- -Cross-Fit
- -Games
- -Pass the teacher

Work hard and you will see positive results!!

Sportsfolio

- Must include:
 - 3-ring binder
 - notebook paper
 - pencil holder
 - Pen/pencil
 - Name, period, and teacher on front
 - artwork and/or pictures of your favorite sports/sports teams or other interests

Grading Expectations

P.E. (Physical Education) is an activity class and to get a passing grade you must be in class and participate. (The only excused absence is a **school sponsored** event/testing/class)

- 10 points for participation of daily activity
- 10 points for dressing out

A sportsfolio is required in PE class.

Unit Tests/Assessments– may be giving at the end of the unit.

Dressing Out

Students who do not dress out will lose 10 points every time they are not dressed out

Students who forget their clothes may ask a PE teacher if they can borrow some. Borrowed clothes must be returned at the end of class

Dressing Out Must include:

- Proper athletic shoes (with laces)
- black shorts/grey T-shirt (or any South Valley T-shirt)
- black or gray (can be worn after November 1st when it is cold)
- PE shirt must be worn under sweatshirt

Dressing Out Consequences

1 + 2 = no consequence, just loss of points

3 + 4 = In class trash pick up and loss of points

5 + 6 = Sent to another PE class, phone call, and loss of points

7 = Meeting with Mr. Boehlke

P.E. Excuses

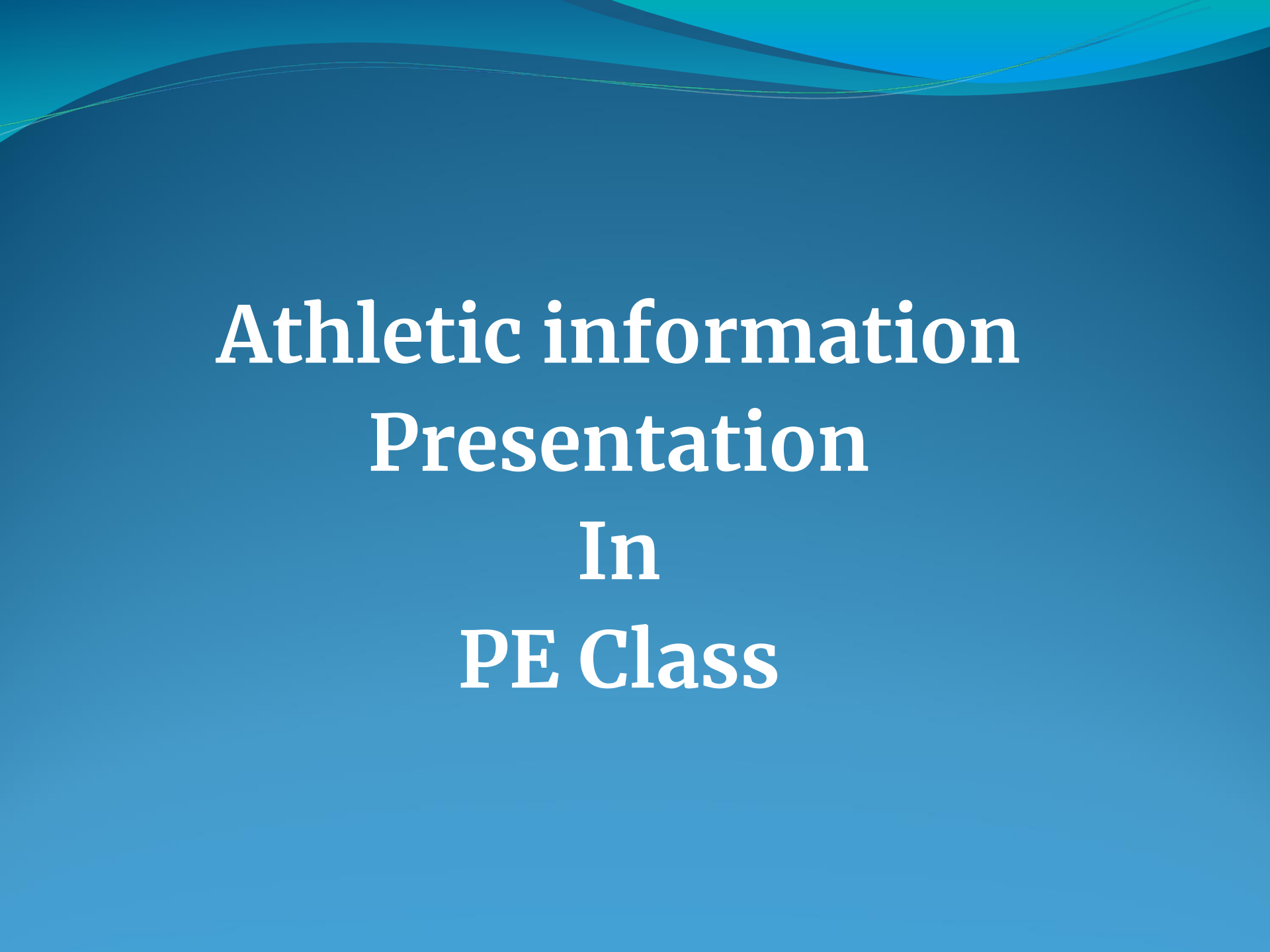
- If you can't participate bring a doctor's note or a note from home signed by a parent/guardian and take to nurse.
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-
- A parent/guardian's note will only be excused for **1 to 2** days, anything longer will require a DOCTORS NOTE.

PE Make Ups

There are 2 options for PE makeups:

1. Come to zero period at 7:30 and do a extra PE class with Coach Collom or Mrs. Watson
2. If you cannot come to zero period talk to your teacher to make other arrangements

Unexcused absences may NOT be made up

The background is a solid blue color with decorative wavy lines in a lighter shade of blue at the top.

Athletic information Presentation In PE Class

South Valley Middle School



Eligibility

- If you have expressed a desire to play competitively for South Valley Middle School and you should earn a spot on the team, there are certain responsibilities required of you:
- Student-athletes shall adhere to all school rules, both scholastic and behavioral
 - ***You must maintain a minimum of a 2.00 grade point average and no grade of an “F” and no “Unsatisfactory” in citizenship (Board Policy 5130).***

Weekly Grade Check guidelines:

Student-Athletes:

- Will pick up a **NEW** weekly grade check sheet **every FRIDAY MORNING** from either the **front office**, the **locker rooms** or **printed from school loop**.
- All student-athletes have **ONLY FRIDAY AND MONDAY to get their teachers to sign this sheet.**
- **Must turn in on Monday at 3:00 pm to the coach,**
- **If you have a sub; please come see Mr. Hernandez or Mr. Dirks to check your grades and sign for the teacher absent before 3:00 pm!!!**

Student-Athlete Expectations

- Expected to be at all practices, games, and team functions ready to participate unless there is an emergency or illness
- If unable to attend practice or a meet/game, a call/email should be placed to the coach at least 4 hours before the practice/game/meet that day
- Shall respect all players, coaches, and officials at all times, no matter the circumstances
- **Making the team does not guarantee playing time in the meets/games**

Cross Country



Starts Tuesday, August 21

3:00 – 4:00 on the softball field

Prepare to run

- Christmas Hill Park on Tuesday's , Wednesday's and Thursday's (starts Tuesday, August 30th) workouts/meets; you need to provide your own transportation to and from the park
- Need lots of athletes of all sizes and abilities

Coaches – Coach Ayala, Coach Altamarano Coach Rowe

Divisions for Cross Country

- 8th Grade Boys
- 6th/7th Grade Boys
- C Boys – 5'2" and under
- 8th grade girls
- 6th/7th Grade Girls
- C Girls – 5'2" and under



Softball

Starts Tuesday,
August 21st
3:15 – 5:00 at
Gilroy High
School

Coach



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Wrestling



Starts October 2nd
3:00 – 5:30 in the cafeteria
Prepare to be a CHAMPION

- Coaches – Jason Villarreal, Jamie Hernandez, Junior Gutierrez

County Finals

County Champions



- South Valley won 1st place; Quimby Oak won 2nd place

■ County Champions

- 85 lb - Jayden Gomez
- 100 lb - Nate Aguilar
- 110 lb - Chad Sakamoto
- 165 lb - Nick Villarreal
- 175 lb - Valentin Martinez
- 235 lb - Miguel Jimenez

■ 2nd place

- 95 lb - Austin Gutierrez
- 115 lb - Sergio Santamaria
- 135 lb - Nate Martinez

■ 3rd place

- 70 lb - Elijah Silva

■ 4th place

- 75 lb - Keelan Echauri
- 80 lb - Houston Gutierrez
- 90 lb - Jonathan Hurtado

Sumo Wrestling

November 4th



Girls Basketball 6th/7th Grade and 8th Grade Team



Starts October 3rd
3:00 – 5:00 in the gym

Watch for Open Gym to get your basketball skills
sharpened

Coaches – To be announced

Boys Basketball 6th/7th Grade

Starts November 28th
3:00 – 5:30 in the gym

Watch for open gym
times and dates

Coaches:

**Coach – Jay Baksa and
Craig Martin**



Staff vs. Student Basketball Game

Friday, January 20th



Winners = Staff



Boys Soccer

Starts January 30th
3:00 – 5:00 on the
football field

Coach – To be
announced



Girls Soccer

Starts January 30th
3:00 – 5:30 on the
softball field

Coach – To be
announced



Girls Volleyball

Starts January
30th

3:00 – 5:30 in
the gym

Coach – Mrs.
Beck



Boys Volleyball

Starts January 30th
3:00 – 5:30 in the
gym

Coach Hernandez



Track & Field

Starts March 20th
3:00–5:00 on the track



- 11 different events
 - Long distance (1600m, 800m, 4x400m Relay)
 - Sprints (100m, 65m Hurdles, 4x100m Relay)
 - Throwing (Shot put, Discus)
 - Jumps (Long, Triple, High)
- Need lots of athletes of all sizes and abilities

Coaches – To be announced

Former Track Coaches :-)



Discus



High Jump



Long and Triple Jump



Our last pool party ☹️



Athletic uniforms

- The best athletes & the best uniforms
- Take pride in your school. Take pride in yourself. Take care of your uniform, wash it and maintain it.
- Pass on Tiger Pride!!! Return your uniform as soon as your final competition ends.
 - Uniforms are DUE back within one week of your final competition. Unreturned uniforms will cost \$100, and will suspend you from participation in any other athletic event until the previous athletic uniform is returned or paid for.

Athletic conduct

- You are an athlete and REPRESENTATIVE of South Valley:
 - Respect your school
 - Respect your coach
 - Respect your officials
 - Respect your opponents, both the athletes and their coaches
 - Respect your fans
 - Respect your parents/guardians

For Sale all year from Athletics

- Black Athletic Hood Sweatshirts
\$30
- Water/PowerAde machines in
locker room and outside gym
- Helps pay for uniforms and
equipment

Athletic News

- Weekly Athletic News posted on School Loop every week
 - Includes:
 - What happened the week before
 - What is coming up
 - Current team rosters
 - Pictures
 - Coaches Information
 - Accomplishments and thank you's

JV Teams

- All sports have a JV team
 - Will have games against other schools
 - Still apart of the team; the Head coach is responsible for you
 - Weekly grade checks
 - Will have a uniform (must return at the end of the season)



We are all
Tigers!!!



Let's create
winners!!!



Are you
ready for the
new year?

Chaos

- Fun TAG game
- Objective - to get as many people out using the soft “gopher” ball
- (throwing or tagging them appropriately)
- If tagged - sit down right where you were tagged
- Watch the person who tagged you, when they are tagged you can get back in the game
- Only 1 ball per person and no holding ball when out
- No teams
- Have fun and BE RESPECTFUL, BE SAFE AND BE RESPONSIBLE

Let's Have a Great Year!!!

Go Tigers!!

Green Line to stand behind until the bell rings