

Mr. Negrete

Physical Education/Wellness

Daniel.negrete@arUSD.org

Office Hours: PREP: Monday/Wednesday 1:00-2:15pm)

Grading:

Grades are based on a point system. The total number of a student's points is divided by the total number of points possible. The semester grade will be the average of both quarter grades; each weighted at 40%, and the final exam at 20%. Extra Credit will include Runs and Written Assignments.

For each semester students will be graded on homework, participation, projects, quizzes and tests.

- Zoom Camera is on/Tracking Teacher/Participating: 90%
- Improvement: 5%
- Quiz/Tests: 5%

Attendance policy:

Tardiness: Depending on the period students are expected to be on the blacktop (near the portables and PE Storage Container) by the start of the period. **DO NOT** ask. "What are we doing today?" The activities of the day will be posted on the white board outside. Students will be given 3 minutes to dress in the bathrooms or specific areas and are expected to be sitting on their numbers. (If numbers are not assigned the lined areas) Any student **not** seated or unprepared for class will be considered late. **Two late** shows to Physical Education without a written excuse, student will receive detention or clean up.

Absences/Missed Work: - If a student has missed a class. They are expected to:

- 1) Speak to a classmate/friend about:
 - a. What is the class unit (For example: Soccer, Volleyball)
 - b. Skills we are learning
 - c. If the class did a Mile Run or Fitness Activity
- 2) Contact Mr. Negrete **during office hours**
- 3) Make yourself available to make up an assignment
(You have 2 days to make up the assignment, or else you receive a zero for the day)

Rules:

- Be Respectful, Be Safe, and Be Responsible.
- Only use electronics when given permission. (If a phone is brought to class **it will be taken away and returned at the end of school**)
- Please be quiet and prepared by the time the bell rings.
- **Respect includes:**
 - Paying attention and actively listening while the teacher is talking.
 - Staying quiet when a teacher or classmate is presenting or asking a question.
- **Being safe includes:**
 - Getting enough sleep the night before. (Tips: Earplugs, Alarm Clock, Breakfast and Water Bottle)
 - Being aware of your surroundings and other classmates.
 - Getting necessary nutrition. (Balancing School Food, snacks, and outside school meals)
 - NO eating during class time!
- **Being responsible includes:**
 - Being ready when class starts.
 - Giving good effort both individually and in group work.

Procedures:

- Homework is expected on time, at the beginning of class in the green folders. Late homework will only be accepted in the instance of an absence or other verified emergency.
- If you miss a homework assignment because of an absence, please check with another classmate or check my website for what you missed.
- If you miss an exam or quiz, please let me know when you can make it up, during lunch or after school.

Materials:

Students are expected to dress out every day, be prepared for physical fitness assessments, ready to improve in sport/skill specific. The following are content we will use in class.

1. PE Clothes.
2. Handouts/Worksheets.
3. Homework.
4. Tests/Quizzes.

Parent Teacher Conferences:

Teachers will contact parents/guardians to share good news concerning their student's educational growth or to discuss behaviors or work habits that might cause the student difficulty in class. Student's are to meet outside of class time with their teacher to discuss questions or concerns related to class. If this contact does not resolve the issue, students are to contact the principal. Parents are encouraged to communicate with the teachers through email. Teacher's email address for this class:

Dtnegrete@yahoo.com There is also an open door policy if need be for students or parents. Formal conferences will be scheduled in November. This is a scheduled time for parents and teachers to plan to work as a team to enhance their son/daughters learning experience. Please plan to attend.

PRINTED STUDENT'S NAME: _____

We have reviewed the course syllabus and classroom procedures for Mr. Negrete's P.E. Class. We understand the facilities area is shared with the city and I give consent that my daughter/son can be supervised while learning in the areas. (Baseball field and Soccer Field)

Parent/Guardian Signature

Student Signature

Date

Phone numbers of parent/guardian

_____ Primary

_____ Alternate

Email Address: _____

If there is not enough room please use the space below to write the contact information.

If I do not receive the above information, then the grade for your class will remain a zero.

Part of being in school is learning to take steps towards:

- 1) Growing up- learning to be independent (When an adult is around to help or not)
- 2) Learning to survive in our society
- 3) Having fun as a kid
- 4) Building a community in your school and being proud of Aptitud Community at Goss

Notes for Dressing Out

Speak to Mrs. Manzenado about Dress Policy and PE Uniform

During the first 2 Weeks we will make an exceptions, but 3rd week of school there will be a consequence

- 1) Detention- Copying from the student handbook, during lunch or after school
- 2) Call home
- 3) Loss of lunch

The T-Shirt's can be unisex

Walmart (Currently out of Small and Medium) You can buy a Gray or Green T Shirt for \$6 and wear it.

Target- Boys- 2 pack \$10

Ask Manzenado about Girl Polo shirts and when does she want ALL students dressing out?

Is the school open to paying for a certain amount?

What is appropriate at school?

What is not appropriate at school?

Storage for PE Clothes, Deodorant, etc..

Clothing Rack System on Wheels** (Maybe put into storage container or setup a Tent)

https://www.amazon.com/AmazonBasics-Garment-Hanging-Rolling-Shelves/dp/B00H7P1FUU/ref=sr_1_1_sspa?crid=22Z5J16EJXWVL&keywords=rolling+hanger+clothes+rack&qid=1564428796&s=gateway&srefix=Rolling+Hanger%2Caps%2C204&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExVUgyMIJLQ1Y2R0NRJmVuY3J5cHRIZElkPUEwM DA3NTAwMjRLSUpFR0ZCMkU1RyZlbnNyeXB0ZWZlZkPUEwNTA0ODc0MU9LMjJDMlIkOTTixVCZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=

<https://sfbay.craigslist.org/sby/for/d/sunnyvale-plastic-kids-clothes-hangers/6940203778.html>

Hangers for Kids (NEED 200)

Different Spots for 5 classes

200 Clothes Hangers

Shirt, Shorts, Plastic Bag for Ear Plugs and Toiletries

(Spray Deodorant is fine, but if it is abused or sprayed then the stick system will happen)

Research a BIG CLOCK for Mile Days

