

Be Safe in P.E.

Please make Healthy Choices on your P.E. days

Clothing - appropriate and active clothing that is suitable for physical activity for all weather conditions. Please have sweatshirts and light jacket when weather is not warm.

Shoes - Athletic shoes with socks (tightly laced or closed with Velcro)

Crocs, slip on, sandals, flip-flops, Ugg like boots, flat dress shoes and Heelys are not allowed!

Sun protection— Please wear sunscreen and hats on warm and sunny days.

Water bottles—welcomed and encouraged



Grades

The Elementary Physical Education grade is based on individual effort, participation, positive attitude, cooperation, sportsmanship and being a good citizen in the class community.

Each student earns an
Effort Grade
three times a year.
This grade can be:

E = EXCELLENT
S = SATISFACTORY
I = IMPROVING
N = NEEDS IMPROVEMENT



Health and Medical Concerns

It is important that your child is safe and comfortable while participating in PE.

Let us know if:
Your child has a special need or physical condition that could limit his/her participation in the program. We modify activity as needed to promote success.

If ill or injured for up to 2 days:
Please send a note from home explaining the illness or injury. Please include the appropriate level of activity or inactivity for that day.

If a problem exists for three days or more:
A doctor's note explaining what activity level your child may participate in during P.E. Alternate and/or Modified activity will be assigned by the teacher.

Please remind you child that:
Students who are excused from PE must monitor their activity during recess and unstructured play time. We do not want students to further injure themselves or have a reoccurrence of their illness or injury.

Lifelong Learning Standards

The students in 3-4-5 Physical Education will learn and use acceptable social skills that they will repeat throughout their lives to obtain success in their personal and public life. The ***Lifelong Learning Standards*** state ***Students will be:***

1. ***Effective Communicators who:***
   a. Speak with clarity of meaning
   b. Listen to understand
   c. Recognize the value of understanding more than one language
   Example: participate in class activity
2. ***Informed Productive Thinkers who:***
   a. Use creative and critical thinking skills
   b. Use diverse strategies in solving problems, making decisions and evaluating results.
   c. Apply problem solving and decision making skills to real life situations
   Example: apply a solution or strategy based on previous learning
3. ***Self Directed Learners who:***
   a. Set priorities, plan and take action to accomplish goals
   b. Manage time and resources efficiently and independently
   c. Take on challenges and accept responsibility for making choices
   d. Apply knowledge and skills in multiple settings
   Example: wear proper clothes
4. ***Collaborative Workers who:***
   a. Set priorities, plan and take action to accomplish goals
   b. Evaluate the effectiveness of both individual and group contributions
   c. Apply results of their evaluation to improve performance
   Example: work well in groups; share cooperatively; be able to lead and follow
5. ***Contributing citizens who:***
   a. Demonstrate integrity, responsibility and perseverance as productive members of society
   b. Respect cultural, physical, economic, intellectual, age and gender diversity
   c. Actively participate in the community
   Example: treat teachers, peers and self with respect; understand and observe rules
6. ***Information Processors who:***
   a. Choose the most effective tools to gather, organize, and analyze and evaluate information
   b. Refine, synthesize and apply information to achieve a purpose/goal
   Example: Be familiar with, and use, a variety of resources to support learning and performance goals

Standards Based Curriculum

(PE State Mandate – Ed. Code 51223)
200 minutes every 10 instructional days

August
Classroom rules, procedures,
Expectations/warm-ups
Chase, Flee, Move Away

September
Chase, Flee, Move Away
Fitness Components/Fitness Circuits
Throwing/Catching/Kicking

October
Jump Rope/Aerobic Games
Volleyball

November
Pre-Physical Fitness Testing
Basketball
Stunts and Tumbling

December
Dance/Rhythmic Skills

January
Stunts and Tumbling
Track and Field

February
Run California
Flying Disc
Physical Fitness Testing

March
Physical Fitness Testing

April
PFT make-ups/Soccer

May
Striking

June
Field/Cooperative Games
Non-traditional Activities

**Schedule is subject to change



Physical Fitness Testing



Each year, your child's fitness level will be assessed using the Fitnessgram's criterion-referenced tests adopted by the California Department of Education. Students are aiming to reach the Healthy Fitness Zone (HFZ) based on their age and gender. During the year, every student is setting personal physical fitness goals for themselves.

One Mile Run

Aerobic Capacity is calculated by VO_2max which reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. The calculation is done utilizing height, weight and mile time.

Curl-Up (Measures Abdominal Strength)

Age	Female	Male
	# completed	
10	12 or more	12 or more
11	15 or more	15 or more
12	18 or more	18 or more

Push-Up (Measures Upper Body Strength)

Age	Female	Male
	# completed	
10	7 or more	7 or more
11	7 or more	8 or more
12	7 or more	10 or more

Trunk Lift (Measures Trunk Extensor Strength and Flexibility)

Age	Female	Male
	inches	
10	9 or more	9 or more
11	9 or more	9 or more
12	9 or more	9 or more

Back-Saver Sit-and-Reach or Arm Stretch (Measures Flexibility)

Age	Female	Male
	inches	
10	9 or more	8 or more
11	10 or more	8 or more
12	10 or more	8 or more

All districts are required to report the fitness scores to the state in the spring for all 5th, 7th, and 9th grades. You can review the California districts' county and statewide results if you visit http://data1.cde.ca.gov/dataquest/.

Santa Clara Unified Elementary Physical Education Grades 3 ● 4 ● 5

Physical Education Block Schedule
50 minute sessions /2 times a week

Monday/Thursday
Callejon ● Laurelwood ● Mayne
Montague ● Pomeroy ●Ponderosa
Scott Lane ● Sutter

Wednesday
Callejon ● Haman ● Millikin
Ponderosa ●Laurelwood ● Westwood

Tuesday/Friday
Bowers ● Bracher ● Braly ● Briarwood
Callejon ● Haman ● Hughes ● Millikin
Scott Lane ● Washington ● Westwood

Rain or shine!
On the playground, blacktop,
grass field or in the classroom.

School Site Teams
Credential teachers and trained paraprofessionals.

Physical Education Curriculum
The Standards Based is coordinated through a yearlong curriculum plan in all Santa Clara Unified Elementary Schools (http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf).
All PE lessons are inclusive for all students.