California School to Watch 2019
California Gold Ribbon School 2015

Sinaloa Middle School

Ronald Reagan Academy of Communication and Leadership

Simi Valley Unified School District
601 Royal Avenue, Simi Valley, CA 93065
Phone: (805) 520-6830 | Fax: (805) 520-6835
sinaloa.simivalleyusd.org
Shawn Rumble, Principal

COURSE TITLE:
YOGA/ PE
TEACHER'S NAME: Cheryl Miller
TEACHER'S EMAIL: cheryl.miller@simivalleyusd.org

Hello. My name is Cheryl Miller and I am excited to be your child's Yoga instructor/ PE teacher. I have enjoyed 20 years of teaching at the elementary and middle school levels and I am grateful to have been part of the Sinaloa family for the last 19 years. I love teaching PE and yoga and I am looking forward to helping your child grow in fitness, health, knowledge of yoga and meditation, sports fundamentals, and good sportsmanship.
In my class, your student will set goals for personal fitness, learn yoga poses and meditation, learn appropriate grade level sports skills, and practice appropriate social skills. I hold a BS in Kinesiology, MA in Educational Counseling and I am a certified yoga instructor. I am looking forward to working with your student.

Class Specific Information

I. Course Standards/Objectives

The California content standards define the learning objective for this class. The content standards can be found on-line at https://www.cde.ca.gov/be/st/ss. The emphasis of our program is on moving, improving, and enjoying! In this class all students will have the opportunity to develop the knowledge, skills, self-discipline, and motivation to lead a healthy life.

II. Classroom Rules and Student Responsibilities

At Sinaloa, ALLl students have the RIGHT to learn in a positive and safe school environment. To this end, it is expected that all students abide by the established standards of behavior. In short, appropriate behavior will allow the teacher to teach and the students to learn.

A. Sinaloa's SABER CODE is the foundation for behavior expectancies on our campus.This Code, along with our standards for citizenship, work habits, grades, school

tardy policy, and the school discipline policies are included in the Agenda book which can be found online at sinaloa.simivalleyusd.org

B. In this class, good performance is rewarded with an incentive based grading system and positive phone calls/emails to parents and students.

C. It is the student's responsibility to be prepared for class each day. They must be properly dressed in their PE uniform and athletic shoes. Consequences will be given for students not prepared to participate in activities and fitness runs.

III. Grading Policy

Students will demonstrate mastery in this class by: participating in warm ups, yoga, activity units, the California Physical Fitness Test and any written assignments/quizzes.

A. Grades will be posted in Aries weekly.

B. Grades are based on three categories:

- **Yoga/Activities and warmups=50%**
- **Fitness runs=40%**
- **Written assignments/quizzes=10%**

Grading Breakdown

97-110.00=A+
93-96.99=A
90-92.99=A-
87-89.99= B+
83-86.99=B
80-82.99=B-
77-79.99= C+
73-76.99=C
70-72.99=C-
67-69.99=D+
63-66.99=D
60-62.99=D-
00-59.99=F