

# SIERRA MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT

## WELCOME SPARTANS!

Welcome to Physical Education at Sierra Middle School. Our goal is to provide your child with a developmentally appropriate curriculum aligned with state and national standards. Your child will have the opportunity to gain skills and knowledge in a variety of sports/activities, physical fitness, and rhythm and dance.

### GRADING!

You will be graded in these areas:

- \*Participation, Effort, and PE uniform (10pts a day)
- \*Fitness
- \*Homework
- \*Class Presentations
- \*Teen Talk (7<sup>th</sup> graders only)

### STUDENT RESPONSIBILITIES!

- \*Arrive to class on time
- \*Wear your PE uniform and athletic shoes (No Yoga Pants)
- \*Do your personal best everyday
- \*Use appropriate social skills
- \*Lock up ALL personal items in your locker or PE office

### LOCKER ROOM POLICY!

- \*NO CELL PHONES are allowed out. NO EXCEPTIONS
- \*No food in the locker room
- \*Always close your locker
- \*Your locker is only for your PE clothes and shoes
- \*NEVER give anyone your locker combination
- \*detention will be assigned if you leave your lock on the community locker

### **LONERS/NON-DRESS POLICY!**

If a student chooses not to dress for PE and does not ask for a set of loaner clothes, it is considered defiant behavior.

- \*First non-dress= deduction of daily points
- \*Second non-dress= deduction of daily points and detention
- \*Third non-dress= detention and a parent phone call
- \*Fourth non-dress= Saturday School

### **MAKE-UP POLICY!**

A student can make-up any missed work due to absence or injury. For everyday a student is absent they will have to complete 30 minutes of physical activity outside of school. It is the student's responsibility to see their teacher for the make-up form or you can find the form on our PE website. Any student out of PE due to an injury for more than 3 days will be issued a writing assignment that will be completed in class.

### **MEDICAL NOTES!**

A parent note will limit a student from participating for a maximum of 3 days. After the 3<sup>rd</sup> day, a doctor's note will be required. Students are required to dress if able to do so.

### **COMMUNICATION!**

We are looking forward to working with your child this year. If you have any questions or concerns, please feel free to contact us at anytime. [rlewis@lusd.net](mailto:rlewis@lusd.net), [jcoane@lusd.net](mailto:jcoane@lusd.net), [pfanucchi@lusd.net](mailto:pfanucchi@lusd.net) or visit our website at [pesms.weebly.com](http://pesms.weebly.com)

**"An active mind  
cannot exist in  
an inactive body"**  
General George S. Patton

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**SIERRA MIDDLE SCHOOL  
PHYSICAL EDUCATION  
DEPARTMENT**

My child and I have read and understand all of the information included in the letter.

Print Student Name \_\_\_\_\_  
(First and Last)

Parent Signature \_\_\_\_\_