

Romero Cruz Academy Physical Education

"It's what you learn after you know it all the counts." - John Wooden

Course Information

Subject: Physical Education

Grade Level: 7th / 8th

Teacher Information

Mrs. Ashley Goins



B.S. in Kinesiology from Cal State Fullerton

[In Progress] M.S. in Coaching & Exercise Science from Concordia University, Irvine

Single Subject Credential in Physical Education/Health through Cal State Fullerton

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Dear Students, Parents, & Guardians,

My name is Mrs. Goins and I would like to welcome you to the physical education 2020 - 2021 school year at Romero Cruz Academy! As you can see from my credentials listed on the left, I have spent a lot of time studying health and physical education. This will be my 10th year teaching physical education and I am so excited to continue my journey here with you! Not only am I here as your P.E. teacher, but I am also here as the athletic coordinator and as a 7th grade AVID teacher!

The importance of physical education often gets lost, even though we are all well aware of the increase in obesity-related illnesses. I believe that students, while being ultimately guided by teachers and family members, should truly engaged themselves in their learning, especially in P.E. I also believe that students should engage in physical activity outside of class (which will be a HUGE component this year). With the virtual learning we will be doing, it will be even more crucial that everyone give themselves at least 30 minutes of solid movement each day.

As for my classroom, respect is KEY! Discouragement and disrespect will not be tolerated. My class is meant to be a positive and safe learning space where everyone has a chance to try new things and work their hardest. And I am looking forward to helping you push yourself along the way.

So let's get this year underway!

In health & happiness,

Mrs. Goins

ABSENCES / PARTICIPATION

Absences

A phone call or parent square/google classroom email from a parent/guardian must be sent to the teacher and RCA main office in order to excuse an absence.

If a student does not show up virtually for class, the family will receive some form of contact from me. If I cannot get through and the student continues to be absent from class, administration will be notified and will make a home visit.

Students are responsible for any work they have missed. If a student knows they will be absent and an assignment is due, they must get the assignment to me ahead of time.

Participation

If a student must be excused from exercise, a parent or doctor's note is required. A parent note will excuse the student for up to 3 days, a doctor's note will excuse the student for up to 2 weeks. After two parent notes are received, a doctor's note will be expected.

We will be working out daily even though we are learning in a virtual environment.

POSITIVE CONSEQUENCES

1. Excused warm-up pass
2. Excused fitness pass
3. Notification to parents of student's good behavior and progress
4. School reward system (on Class Dojo)

NEGATIVE CONSEQUENCES

1. Verbal Warning
2. Points lost for participation
3. Parent contact

HOMEWORK POLICY

- Homework will be given every month
- Homework must be turned in by the due date and time
 - If homework is turned in late, .5 points will be removed for each day it is late

GRADING POLICY

- Homework will be graded fairly. Incomplete work will result in a loss of points
- Letter grades will be assigned according to the following percentages
90-100% = A 80-89% = B 70-79% = C
60-69% = D Below 59% = F
- Grades are weighted as follows
Classwork/Participation = 60% of grade
Homework = 30% of grade
Assessments = 10% of grade

VIRTUAL CLASSROOM EXPECTATIONS

- Arrive on time to class
- All microphones OFF and all cameras ON
- All students are expected to participate appropriately.
- All students must complete a daily check-in form for attendance purposes.
- All students must come to class prepared to workout.