

MacArthur Physical Education Program – 6th, 7th, 8th, Grade

Dear Parents:

Welcome to the 2018-2019 school year. This letter contains the essentials to our program. Please feel free to contact me at (714) 568-7885 Boys Physical Education, Mr. Fredericksen. I am available for conference during 4th period or you can email me at Tim.Fredericksen@sausd.us. Finally, I would strongly encourage parents to go onto Aries.net under the parent portal to access their student's current grade. Grades should be posted on a weekly basis. In addition, parents and student can access the MacArthur website for copies of study guides, important dates and homework. Go to MacArthur Intermediate School, teachers, Tim Fredericksen.

Thank you for your continued support!

The Process

A six week unit rotation system is utilized to enhance the effectiveness of the program. Students select the activity of their choice. All classes are co-educational. Teaching strategies focus on skill development and developing an appreciation for good health and fitness. In addition, the physical education department stresses building desirable social skills while providing a safe and enjoyable experience for all students.

Locker Room Procedures

Physical education lockers are issued by the staff. Students should not share their lock combinations with anyone. Moreover, there is no sharing of lockers. Valuables should always be kept locked inside the locker. **Students also must lock their gym/street clothes before, during and after the period.** Students must not leave anything unlocked at anytime.

Students have three (3) minutes at the beginning of the class to dress and eight (8) minutes at the end of the period to prepare for the next class. There is absolutely no horseplay or play fighting allowed at anytime. **Also, only roll on or clear gel deodorant is permitted in the locker room.** No aerosol, white chalking deodorant or glass is permitted at any time.

Food, backpacks and book bags are **not** allowed in the locker room. In addition, backpacks are not to be brought to physical education unless instructed by a staff member. Students must go to their outside locker prior to coming to their physical education class.

Students should take home their physical education clothes every Friday to be washed (or more often if necessary). Furthermore, **there is no sharing of clothes.** Students must wear their physical education clothes that have their first and last name clearly marked on each piece of clothing. **No jewelry or any type of wristbands are allowed except medical.**

Non-Suit Policy

All students who fail to bring their uniform/phys ed. clothing to school will be required to borrow "loaner" clothes from the physical education staff. Loaner clothes are available in the office. Points will be deducted from their citizenship grade. **Sweat shirts and pants, in grey or black**, are allowed on cold days (weather under 65 degrees). These must be accompanied **with** the MacArthur physical education clothing. Students can also wear a **plain grey t-shirt** along with **plain black shorts** instead of the phys ed. uniform. Excessive non-suits can result in detention/referral.

Illness, Excuses, Exclusions and Disabilities

If your child is to be excused from class, a parent note explaining the illness/injury is required. *If a student is to be excused for longer than three (3) days, a doctor's written note with the time period of the excuse as well as the child's limitations is necessary.* For example, if your child is able to participate in all activities except running, please have the doctor note this on the release form.

The physical education department offers alternative activities for students who are not able to participate in regular unit activities. Isometric exercises, a walking program, portfolios and library research are activities designed for students who have specific needs or who are under a doctors' care.

Grading

Academic

Each student's academic grade is comprised of the following components

Unit Grade

Given by unit teacher 40% of grade, usually is comprised of
Written test or project
Participation

Roll Call Grade

Given by roll call teacher 60% of grade, usually is comprised of
Fitness participation, effort
HFZ (Healthy Fitness Zone) fitness runs, sit ups and push ups
Standards based test (physical or written)
Homework, Written Assignments

Each component under the roll call and unit grades is weighted differently and is adjusted at the teacher's discretion. Not all components are used for every six week grading period. A one hundred point system is used to determine the student's grade.

Grading Scale

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|---|--------------|---|---------|
| A | 90 – 100 | B | 89 – 78 |
| C | 77 – 64 | D | 63 – 50 |
| F | 49 and below | | |

Citizenship

Each student begins the semester with 25 points. Points are deducted for being tardy, excessive absences, non-suits, wearing jewelry, and other infractions such as poor behavior.

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|-------|---|------------------|-------------|---|----------------|
| 25-24 | = | Outstanding, | 23-18 | = | Satisfactory |
| 17-14 | = | Needs to improve | 13 or below | = | Unsatisfactory |

Star Program

At MacArthur, we use a star program to encourage and reward students who strive for excellence in citizenship, academics and physical education. Felt stars can be earned in a variety of ways, all of which reach a broad spectrum of students. When a student earns five (5) stars, he/she will be rewarded with a "General Shirt". These shirts will be provided to the first 120 students who earn them. Students who earn this general shirt may wear it in lieu of their regular MacArthur physical education shirt.