

Willard Intermediate Physical Education Department

Mr. Valdez

Vision

Willard's physical education department aims to develop students who are knowledgeable, skilled, and fit, practice positive character traits, exemplify good sportsmanship, and value an active lifestyle. We provide engaging, and inviting activities that are developmentally appropriate using a differentiated approach where all students are capable of achieving success.

Vision

- El Departamento de educación física tiene como objetivo desarrollar los estudiantes para que esten bien informados y en buen salud. Que practicen los rasgos positivos del carácter, sean un ejemplo de deportividad, y el valor de una vida activa. Ofrecemos actividades que son apropiadas en que todos los estudiantes son capaces de alcanzar el éxito.

Mission

Motivating students to seek a healthy and physically active lifestyle.



Mision

- Motivar a los estudiantes a buscar un estilo de vida activo y saludable.



Why P.E.?

- It's important for good health
- It's a preventive measure against disease
- It develops muscle strength and fitness
- It promotes academic learning
- It builds Self-Esteem
- It develops cooperation, teamwork, and sportsmanship
- It promotes a physically active lifestyle

Porque P.E.?

- Es importante para la buena salud
- Es una medida preventiva contra la enfermedad
- Se desarrolla la fuerza muscular
- Promueve el aprendizaje académico
- Desarrolla la cooperación, el trabajo en equipo y el espíritu deportivo

Grading Policy

Grades:

- A 100%-90% ADVANCED-AVANZADO
- B 89%-80% PROFICIENT-*PROFICIENTE*
- C 79%-70% BASIC-BASICO
- D 69%-60% BELOW BASIC-*BAJO DE BASICO*
- F 59% FAR BELOW BASIC-*MUY BAJO DE BASICO*

Proper P.E. Clothes

Tops: Blue Shirt

Bottoms: Black Shorts or Sweats

Rainy/Cold day: Jackets & Sweaters are acceptable

Participation & Effort

TO EARN DAILY PARTICIPATION POINTS
STUDENTS.....

- Must complete entire warm up
- Must give their best effort during the exercise/activity
- Dress out daily
- Must keep active during “your choice” time

* NO SITTING OR STANDING

Grading Policy

- 50%: Course Content/Contenido del Curso
 - Daily participation and effort
 - Participacion y Esfuerzo
- 30%: Assessments/Evaluaciones
 - Fitnessgram Testing
 - Fitnessgram Exámenes
- 20%: Homework/Tarea
 - Daily exercises to do at home
 - Ejercicios a hacer en casa diarios
 - Students are writing Homework in their Agenda
 - Estudiantes están escribiendo la tarea en la Agenda

NECESSARY MATERIALS FOR PHYSICAL EDUCATION CLASS

- P.E. UNIFORM
- GYM TOWEL
- DEODORANT (No Aerosols, only stick deodorant)
- ATHLETIC SHOES
- POSITIVE ATTITUDE!

Materiales necesarios para la clase de educación física

- UNIFORME DE EDUCACION FISICA
- TOALLA PARA GIMNASIO
- DESODORANTE
- ZAPATOS DEPORTIVOS
- ACTITUD POSITIVA

PHYSICAL EDUCATION ACTIVITIES/ ACTIVIDADES DE EDUCACION FISICA

- CIRCUIT TRAINING-*Entrenamiento de circuito*
- AEROBIC TRAINING- *Entrenamiento de aerobica*
- STRENGTH TRAINING-*Entrenamiento de frueza*
- TEAM SPORTS- *Equipo deportivo*
- COOPERATIVE GAMES- *Juegos de cooperativos*
- DANCE- *Baile*
- NUTRITION-*Nutricion*
- HEALTH-*Salud*

Circuit Training



Aerobics



Team Sports



Individual Sports



Hockey



Contact Information

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Questions? /Preguntas?



Thank You / Gracias

