

# Northland Preparatory Academy

## Physical Education

6<sup>th</sup> Grade

**3300 Sparrow Ave., Flagstaff, AZ 86004\* (928)-214-8776**

Dear Parents/Guardians & Students:

Welcome to the 2014-15 school year. I am looking forward to a fun, challenging, and successful year. This year your student is participating in a new and exciting class geared towards physical and fitness education. This class will present a wide array of topics related to physical fitness and a high quality lifestyle while at the same time integrating instruction and practice in basics of various team sports. Students will learn how to assess their own fitness levels, and based on this assessment, they will be able to design their own personal fitness program focusing on a healthy lifestyle both physically and mentally. Students are expected to perform at their own level of physical fitness as well as make significant gains in their level of fitness throughout the semester.

Once the program is in full swing the weekly schedule is designed to incorporate many different fitness topics as well as team sport activities. Please be aware that your student is required to dress out for this class, and they need to have athletic clothing. Please follow the school guidelines about clothing, such as no spaghetti straps for girls. Please also be aware that your students need to have shoes that **have shoe laces and are athletic in type**. If you have any questions regarding this please feel free to contact me.

If you would like to have further information about this course or discuss the progress of your daughter or son, please feel free to contact me at (928)-214-8776 or email me at [aanaya@northlandprep.org](mailto:aanaya@northlandprep.org) Better yet, feel free to come by and see our program in progress.

Yours in health and fitness,

Alex Anaya  
Physical Education/Health

## **PE/Personal Fitness Evaluation**

Students' PE/Personal Fitness grade is based on attendance, dressing-out (required), participation, respect, self-discipline, cooperation, promptness, written tests, physical fitness testing, maintaining an activity log, designing personal fitness programs and showing gains in their level of fitness throughout each semester, and a final.

- Each student will earn 10 daily points during activity days. Points will be lost due to not dressing-out, lack of attendance, tardies, poor attitude and sportsmanship, lack of effort and self-direction
- If for any reason students are removed from activity for disciplinary reasons all points will be lost for the day and may result in further participation in activities.
- All students will be required to perform a series of physical fitness tests. Once at the beginning of each of the semester, mid-year, and end of the year. We will perform these throughout the year as a tool to help students reach their short and long term goals of their personal fitness programs.

## **Activities**

Can include but not limited to: daily warm ups (aerobic activity), stretching, push-ups, sit-ups, plyometrics, weightlifting, aerobics, exercise balls, walking, jogging, running, jump roping, short hikes, stationary biking, stair-stepping, yoga, individual sports, team sports, etc.

## **Locker Rooms**

Each student will have use to a locker room during class periods where they can change store their belongings etc. Please be aware that students are not assigned to a particular locker and should use their school locker to store their items. Students should be advised not to keep any valuables in the locker room. If this is unavoidable please notify either Ms. Adame or Mr. Anaya and they will lock up these items in their office.

## **Dressing Out**

T-Shirts, sweat shirts, shorts of appropriate length, sweats, or running pants must be worn at all times. **NO** half shirts, tank tops, ripped or torn shirts, or offensive messages will be tolerated. These will result in disciplinary consequences. Gym shoes (**must have shoe laces**) and socks must be worn at all times. Absolutely no sandals, slippers, flip-flops or any open toed shoes will be allowed. **ALL DRESS-OUT PE ATTIRE MUST COMPLY WITH THE SCHOOL DRESS POLICY.** *However collared shirts are not necessary during PE.*

- *All athletes are required to dress-out and participate in class on game days. Choosing not to dress-out and participate will result in consequences with coaches and not participating in game day.*

## **Unexcused Non-Dresses**

All non-dresses and truant students will result in a deduction of **ALL** daily points. Students will receive a "0" for the day and will be required to write a 2-3 paragraph paper summarizing a recent health article due the following day in class

### **Excused Non-Dresses**

If students are unable to participate in activities, it will be necessary for the parent or guardian to send a note stating what the problem may be. If there is a prolonged absence from participation (2 days or more), it will be necessary to have a **doctor's note** to excuse students from participation.

### **Attendance/Tardies**

The instructor will document all tardies. These will result in a deduction of daily points. As for time allowance in PE classes:

- There is no excuse for being tardy to any PE class. Students will have approximately 5 minutes to dress-out and approximately 5 minutes to get re-dressed at the end of the period.
- Once students have re-dressed, they are required to remain in the gym until they are **EXCUSED** by either Ms. Adame or Mr. Anaya.
- Being late to health will result in a 5 pt deduction for journal assignments that day.

## Items Needed for Class

1. PE attire clothing

**\*PLEASE HAVE THE ABOVE ITEMS BY THE END OF THE FIRST FULL WEEK\***

## Tips for Success

- \* Be on time, prepared to work, with assigned work, and ready to participate with a good attitude **every day**
- \* **NO** energy drinks or bottles/cans of soda will be allowed in the class at anytime!  
**NO GUM IN PE!!!!** I also recommend carrying a water bottle with you
- \* Treat others with respect and how you wish to be treated.
- \* Please know I am here for you and will help you succeed in any way I can

# Have Fun, Live Active, Play Fair!

**PE/Fitness Policies and Procedures Signatures** Please sign below, stating that you have read the parent letter and understood the following PE/Fitness Policies and procedures for Northland Preparatory Academy Physical Education Department.

\_\_\_\_\_  
Student Name (print)                      Student Signature                      Date

\_\_\_\_\_  
Parent/Guardian Name (print)      Parent/Guardian Signature              Date

Parent Daytime Phone: \_\_\_\_\_

Parent Evening Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

**IF THERE IS ANY SERIOUS HEALTH RELATED ISSUES SUCH AS SEVERE ASTHMA, DIABETES, ETC., THAT THE INSTRUCTOR SHOULD BE AWARE OF PLEASE LIST ON THE BACK OF THE SIGNATURE PAGE. THIS WILL REMAIN CONFIDENTIAL.**

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Dear Parent/Guardians:

During times that the weather may cooperate I would like to have the opportunity for my classes to periodically walk/run down to Fox Glen park and possibly some of the urban trails around school. This activity would take place within the class period with teacher supervision and will not require your son or daughter to miss any other class periods. Due to the trails/park being off campus I would like to have parent/guardian permission. If you have any questions or concerns please feel free to contact me at (928)-214-8776 or email me at, [aanaya@northlandprep.org](mailto:aanaya@northlandprep.org)  
Thank you for your time and consideration.

Regards,

Alex Anaya

- I **DO** give my daughter/son permission to go off campus to Fox Glen/Urban Trails
- I **DO NOT** give my daughter/son permission to go off campus

\_\_\_\_\_  
Student Name (print)                      Student Signature                      Date

\_\_\_\_\_  
Parent/Guardian Name (print)      Parent/Guardian Signature              Date