

Northland Preparatory Academy

Physical Education

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 an exciting class geared towards physical and health education. This class will present a wide array of topics related to health, 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 health and 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 year.

Once the program is in full swing the weekly schedule is designed to incorporate many different health topics during PE, with one day out of the week in the classroom focusing solely on health.

The body is a vitally important component of an early adolescents' total self esteem. I am optimistic that this class will help with an individual's confidence level as their personal fitness level increases.

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 Better yet, feel free to come by and see our program in progress.

Yours in health and fitness,

Alex Anaya
Physical Education/Health

Health Evaluation

Students health grade will be based on class attendance and participation, cooperation, weekly journal writing, reading assignments, group activities, in class assignments, homework, weekly quizzes, unit tests and one major report/project. Units include but are not limited to: Mental/Emotional Health, Nutrition, Tobacco Prevention, and Alcohol and Substance Abuse Prevention.

Health Points

Weekly Journal (Attendance Points)	5 pts daily
Homework/Group Projects	10-80 pts
Quizzes	5-30 pts
Unit Tests	50-100 pts
Report/Project	150-200 pts
Final (comprehensive)	100 pts

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 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 and store their belongings. 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 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.

PE Health Grading System

PE Health Grading System Points

Written Tests (PE and Health)	10-15%	100-89.5%=A
Personal Fitness Log	20%	89-79.5%=B
Physical Fitness Testing (final goal achievement) and final exam	20%	79-69.5%=C
Attendance and participation in Health/PE	40-45%	69-59.5%=D
		59-↓% =F

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 Mr. Anaya.
- Being late to health will result in a 5 pt deduction for journal assignments that day.

Make Up Work

Make-up work will be given to students on their request. Please always check *homework now* for questions/concerns.

Items Needed for Class

1. A composition notebook for health used for journal writing
2. A 3-prong binder for PE/Health that handouts can be added to, as well as used for homework and studying purposes.
3. 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 writing utensil **every day**
- * **NO** energy drinks or bottles/cans of soda will be allowed in the class at anytime! Please feel free to eat in health class, however not in PE. **NO GUM IN PE!!!!** I also recommend carrying a water bottle with you for both PE and Health.
- * 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 we can

Have Fun, Live Active, Play Fair!

Health and PE Fitness Policies and Procedures Signatures

Please sign below, stating that you have read the parent letter and understood the following PE and Health 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.

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. Thank you for your time and consideration.

Regards,

Alex Anaya
Health and Physical Education

- 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