

# Northland Preparatory Academy

## Physical Education

Ryan Johnson  
Northland Preparatory Academy  
928 214 8776 – ext 307

Dear Parents/Guardians & Students in PE/Health, Sports/PE, Rec.Fit./Health:

My name is Ryan Johnson and I am your child's new physical education teacher. I'm very excited about teaching PE and am looking forward to a great year! I believe that physical education and health instruction will have a huge, positive effect on your child's life.

### **Course Description**

In physical education your child will participate in a wide variety of activities and will learn from an array of topics related to health, physical fitness, sports, and a high quality lifestyle. 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. Further, as students perform at their own level of physical fitness and make good efforts to stretch themselves, they are expected to make significant gains in their level of fitness throughout the year.

**Note:** If you are in the PE/health class, health will be taught in a classroom setting at least one day out of the week focusing solely on health. Assignments will be given and will be part of a student's evaluation.

### **Evaluation/Grading**

A student's grade will be based on class attendance, participation and cooperation, (effort, attitude, respect for others and equipment, and reasonable safety), assignments / homework, quizzes, tests, projects, skills/fitness testing, and the final exam. Units include but are not limited to: Mental/Emotional Health, Nutrition, Tobacco Prevention, and Alcohol and Substance Abuse Prevention.

- 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 consequences.
- 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.
- Letter grades are based on NPA's grading scale.

Points	
Attendance & Participation	0-5 pts daily (2 pts dress, 3 effort/attitude)
Homework/Assignments	9-50 pts
Quizzes	5-20 pts
Unit Tests/Projects	20-50 pts
Fitness/skills testing	50 pts
Final (comprehensive)	100 pts

### Attendance/Tardies Routine

- Students will first go to the locker room, and they will have approximately 5 minutes to dress-out (and approximately 5 minutes to get re-dressed at the end of the period). They report to the gym for our first fitness activity. Roll will be taken, and if a student is late, points will be deducted from his daily grade.
- **Once students have re-dressed, they are required to return to the gym for the remainder of the class session until the bell rings.** Class will end with a discussion of the day's activities. **Students will not be let out early.** Students are expected to be on time for their next class.
- If a student is disruptive, a warning will be given, and a point will be deducted each time it happens. If it continues, the teacher will talk to him away from the group. If it still continues, parents will get an e mail or phone call. If it still continues, he may be sent to the Dean of Students.

### Required PE Attire

Athletic type dress is required for PE. T-Shirts, sweat shirts, shorts of appropriate length, sweats, running pants etc must be worn at all times. **NO** half shirts, tank tops, ripped or torn shirts, or offensive messages. Also 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. **ALL DRESS-OUT PE ATTIRE MUST COMPLY WITH THE SCHOOL DRESS POLICY.** Infractions will result in disciplinary consequences.

- *Note: **ALL** athletes are required to dress-out and participate in some way in class, even on game days.*

### Daily Class Schedule

- |                            |             |                                |           |
|----------------------------|-------------|--------------------------------|-----------|
| 1. Dress out               | 5 minutes   | 5. Cool Down                   | 3 minutes |
| 2. Fitness ASAP/Attendance | 5-7 minutes | 6. Change back/ Closing in gym | 5 minutes |
| 3. Skill ASAP              | 5-7 minutes |                                |           |
| 4. Skill Work              | 25 minutes  |                                |           |

### **Unexcused Non-Dresses**

All non-dressed and truant students will result in a deduction of **ALL** daily points. Students will receive a "0" for the day and may be required to do additional work.

### **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.

### **Locker Rooms**

Each student will have use of the locker room to dress out and change back. She can temporarily store items in the lockers, but students are not assigned to a particular locker and should use their school locker as their primary area to store their things. Please be advised **not to keep any valuables in the locker room.** If this is unavoidable please notify your teacher, and we will lock up valuables in the office. There is zero tolerance for theft.

### **Items Needed for Classroom Sessions**

1. A composition notebook for health used for notes, journaling, etc. Students should bring them only on health class days.
2. A 3-prong binder for PE/Health for handouts, homework and studying purposes.
3. Mechanical pencil or regular pencils

NOTE: Please have these items by the first full week of school.

## **Tips for Success**

- \* **NO** food or energy drinks or bottles/cans of soda will be allowed in the class at anytime! **ALSO NO GUM IN PE!!!!** I also recommend carrying a water bottle with your for both PE and Health.
- \* Do not sit on the top of closed bleachers. This bends the frame underneath.
- \* Treat others with respect and how you wish to be treated.
- \* Have fun and get fit!

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 [rjohnson@northlandprep.org](mailto:rjohnson@northlandprep.org) Feel free to come by and see our program in progress. Finally, please sign the signature and field trip permission below with your child and return it by August 17<sup>th</sup>. Thank you very much.

Ryan Johnson  
NPA Physical Education  
NPA Baseball

## Physical Education Policies and Procedures Signatures

Please sign below, stating that you have read the parent letter and understood the PE Policies and Procedures for Northland Preparatory Academy.

\_\_\_\_\_  
Student Name (print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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

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

**HEALTH CONCERNS: IF THERE ARE ANY HEALTH RELATED ISSUES SUCH AS SEVERE ASTHMA, DIABETES, ETC., THAT THE INSTRUCTOR SHOULD BE AWARE OF, PLEASE LIST BELOW. THIS WILL REMAIN CONFIDENTIAL.**

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## **FIELD TRIP SIGNATURES**

At times I would like to have my classes walk/run down to Fox Glen Park to use that facility or to use some of the close urban trails. This activity would take place within the class period with teacher supervision and will not require students to miss any other class periods. Since this is off campus please indicate your permission.

- 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

At other times, we would like to take field trips that would require students to miss other classes. You would be notified and a separate permission slip would go home for your permission. We would, in all likely hood need drivers for those field trips. Please indicate if it might be possible for you to drive, of course depending on circumstances.

- I **AM ABLE** to drive to field trips outside of class, depending on circumstances.

If you have any questions or concerns, please feel free to contact me at (928)-214-8776 or email me at [rjohnson@northlandprep.org](mailto:rjohnson@northlandprep.org).

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Student Name (print)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date