



Mr. Anaya
Sports and 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 child is participating in a fun and exciting class geared towards learning a variety of team and individual sports. I will introduce an assortment of games and sports in hopes that each student will find a certain physical activity that they love and can continue playing for a lifetime.

PE103 (PE003 for 8th grade students)
Sports/Physical Education 8-9

Intended for students in Grades 8 and 9, this class offers a high level of competition and skill development, athletic experience or participation in team sports is preferred.

PE104

Sports/Physical Education 10-12

Intended for students in Grades 10-12, this class offers a HIGHER level of competition and skill development than PE103. Previous athletic experience or participation in team sports is preferred.

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.

Alex Anaya
Physical Education/Health

Physical Education Evaluation

Students' PE grade will be based on attendance, dressing-out (required), participation, respect, self-discipline, cooperation, promptness, written tests, maintaining an activity log, and designing physical activity programs.

- 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 disciplinary actions.

Activities

Activities in this course will go above and beyond any expectations you may have from a "regular PE class." Team sports will be played such as basketball, volleyball, soccer, flag football, floor hockey, softball etc. Classic games such as kick ball and capture the flag will be played. Also, new games will be introduced such as Canadian kick ball, four cone bball, fortress soccer, speedball, and many others. Get ready to ski and snowboard as we take a couple field trips to Snowbowl in the winter!

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.

Physical Education Grading System

Physical Education Grading System Points (subject to change)

Attendance & Participation	10 points a day 60% of total class	100-89.5%=A
		89-79.5%=B
Assignments & Group Projects	X amount of points 20% of total class	79-69.5%=C
		69-59.5%=D
Quizzes and Final	X amount of points 20% of total class	59-↓% =F

(X amount of points – to be determined)

Attendance/Tardies

The instructor will document all tardies. These will result in a deduction of daily points.

- 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** when the bell rings.

Make Up Work

Make-up work will be given to students on their request.

Items Needed for Class

1. PE attire clothing
2. Athletic Shoes
3. One box of tissues, one Clorox/disinfecting wipe box.

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

Tips for Success

- * Be on time, prepared to have fun and work up a sweat each day.
- * **NO** energy drinks or bottles/cans of soda will be allowed in the class at anytime!
- * **NO GUM!**
- * Complaining when it is unnecessary is not suggested.
- * Trying your best and stepping outside your comfort zone is suggested in order to get the most out of this class and have fun.
- * 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!

Sports and Physical Education 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
Sports 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