

# Ripon Unified School District

## 7<sup>th</sup>-8<sup>th</sup> Grade

### Physical Education

Dear Student,

Welcome to your Physical Education class. You will be participating in many different activities throughout the year. I hope that you will look forward to coming to my class, both to learn new activities and to have a great time developing yourself physically and as a person. This letter is to let you know what I expect of you while you are in my class.

#### Objective

Physical education offers a learning experience through physical activities which are selected and presented with full regard to values in human growth, development and behavior. The physical education program in Ripon strives to help each student to:

- Develop interest and maintain physical fitness
- Develop proficiency in a variety of movement skills
- Develop the ability to express knowledge and a responsibility for his/her behavioral actions
- Learn and enjoy positive group interactions
- Find an appreciation for being physically active that they will continue through their adult life

#### Units of Instruction

Each Unit taught will approximately 4-6 weeks. Units will consist of traditional sports along with non-traditional activities. Each class will follow the appropriate state standards for the given grade level. Physical requirements will also follow California Fitnessgram Standards as we continue to test and assess students every year in our district.

#### Grading

**PARTICIPATION-** You are expected to fully participate in each activity we will be doing.

**EFFORT-** All students are capable of putting forth their best effort, regardless of skill level.

**ATTITUDE-** Bringing a good attitude to class will help you in having a positive experience.

**BEHAVIOUR-** Sportsmanship, consideration of others and their property, and proper language are all different aspects of behavior. All of these are to be demonstrated in a positive way.

You should be able to receive an "A" in Physical Education. My expectations (participation, effort, attitude, and behavior) are all qualities that you can control as an individual. These are weighed heavily when determining a student's grade. Each day of class is worth 10 points.

There will also be quizzes and other work and all of these will be assigned point values. The grading scale is as follows:

100%-90% = A      89%-80% = B      79%-70% = C      69%-60% =D      59% and Below = F

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**Students can lose all or a portion of their daily points. Some of the reasons are listed below:**

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1. Non-participation/effort during exercises or activity
2. Excused absences (Make-up work is provided and required for full credit on completion)
3. Tardy
4. Food, gum, drinks (other than water)
5. Foul language, put downs, unsafe play, disrespect, and poor behavior
6. Non-dress (Can't be made up)
7. Destroying or damaging equipment due to negligence (Parent may be asked to pay replacement cost and student will receive a referral)

**Dress Code**

Athletic tennis shoes and socks must be worn. They should give support and withstand hard play on the asphalt and grass. Shoelaces must be visibly tied and shoes must be safely secured to the feet. Students not wearing tennis shoes or skirts without shorts underneath will not be allowed to participate in the daily activities and will lose their 10 points for the day. However, they also will not be allowed to sit out of class either but be given another alternative assignment. Students should dress in PE clothes purchased from the school or from a store but must be school colors (purple, gray or black). **They also can't be form fitting (yoga pants, leggings ect...)** without having PE shorts over the top of them or a shirt that extends to their mid-thigh. Students are also required to change out of their P.E. clothes after class, failure to do so will result in a Non-dress. Dress code applies even in P.E. Physical Education is almost always outdoors. Students are to come prepared for hot and cold weather and dress accordingly. I strongly recommend that students bring a water bottle with their name on it to P.E. During wet weather, it is a good idea to send extra socks and shoes with your child in case we stay outside if the weather permits it. Jackets, sweats and sweatshirts are permitted. On occasion, if I feel the weather is too severe, P.E. can and will be performed in the gymnasium or in a classroom.

**Excuses or Absences**

Students who are unable to participate due to illness, injury or absence are required to bring a note from a parent or guardian. A parent note is acceptable for two P.E. days, after that, a doctor's note is required. Occasionally a student will become ill during the day and may be excused from participating. Students can be credited their full 10 points for all excused non-participation days by completing one of the make-up assignments off their list. Make sure you complete the assignment to your best ability, it will be graded by completion and effort. Students have two weeks from the date of non-participation to complete and turn-in their make-up work. I look forward to having a great and fun year with all of you...

Sincerely,

Coach Manrique

[jmanrique@riponusd.net](mailto:jmanrique@riponusd.net)

Please go over this handout with parent or guardian. Return this bottom section back to our next class meeting signed by you and your parent or guardian and receive 10 points of participation for that day. We have read and understand the rules for Mr. Manrique's Physical Education class.

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\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Students Name

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

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

Health Concerns/Limitations \_\_\_\_\_