

# Welcome to Coach Rogers Physical Education Class

## Dear Students and Parents/Guardians:

I welcome you to the 2022-2023 school year, and my Physical Education class. I believe physical activity is important for all students, regardless of their athletic skill or ability. A standards-based PE program provides an excellent opportunity to ensure that students develop positive social skills, cooperate with others, and accept responsibility for their own actions. Throughout various activities, students in my class will learn how to incorporate physical activity into their daily lives. In addition, I hope to instill enjoyment of physical activity, as well as challenge students to reach their full potential.

## GRADING SUMMARY

### → 10 points per day (Monday-Friday)

- Understanding, implementation and IMPROVEMENT of California Physical Education Standards.
- Proper technique and effort during daily warm up.
- Effort, participation, following directions, and sportsmanship (being respectful of others and their skill level) during activity.
- Dressed in proper Villegas PE attire with closed toe shoes. **(Please see the section titled "PE Clothes" on the next page for more information)**

Additional points are earned on Cardiovascular Days (Pacer and Mile). Point totals for these activities will vary.

\*\*\*Quizzes/Tests and Skill Assessments will be given throughout the school year\*\*\*

**Academic progress/grade can be checked on AERIES including teacher comments.**

\*\*\*See section below about accessing AERIES.\*\*\*

## AERIES STUDENT & PARENT PORTAL

What is AERIES?

AERIES gives students and parents immediate access to real-time information such as:

- Class Information
- Assignments
- Grades
- Attendance
- State Test Scores Reports

[AERIES Student Portal Click Here](#)

[AERIES Parent Portal Click Here](#)

## CONTACT INFORMATION

**Outlook Email** (preferred method of contact):

[casey.rogers@alvordschools.org](mailto:casey.rogers@alvordschools.org)

**Gmail Email:** [casey.rogers@alvordschools.net](mailto:casey.rogers@alvordschools.net)

**Phone #:** (951) 358-1695 ext 521208

## CLASSROOM EXPECTATIONS

1. Abide by ALL Villegas rules and regulations.
2. LISTEN and FOLLOW direction.
3. EFFORT, EFFORT, EFFORT
4. IMPROVEMENT!!!!!!!

## ABSENCES

1. Students are responsible for completing make-up assignments on days they are absent from class.
  - a. **Make-up assignments can be found in their PE Google Classroom**
2. Absent work must be submitted prior to each six week grading period. [Use this link to reference the Alvord Unified School District 2022-2023 Calendar.](#)

## MEDICALS

1. Parent notes requesting a child be excused from PE **CANNOT exceed 3 days.** \*\*\*Student will be required to complete a make up assignment to earn daily points.
2. If your child has a medical issue that exceeds 3 days, a doctor's note will be required.
3. All students are required to dress out, even with a medical, unless that injury prevents them from doing so.
4. **Parent notes do not exclude students from Cardiovascular Days (must schedule make-up within ONE WEEK).**

## GOOGLE CLASSROOM

Your child has been automatically enrolled into my Google Classroom based on their class period.

**Please see page 2 for more information**

## **LOCKER ROOM**

1. Each student is assigned a locker and a combination. **DO NOT** share your locker or combination with anyone.
2. Place all valuables in your locker and lock your locker. **Check to make sure the locker door DOES NOT open.**
3. Take your PE clothes home on Friday to be washed.
4. A “How To Open/Lock A Locker Video” is available in the Google Classroom or [Click Here to View Video](#).
5. Students should have their combinations written down in a notebook, have the slip with the combination that was given to them, and completed the locker combination assignment in Google Classroom.

That is 3 different places your combination should be for you to reference. There is **NO** excuse why you do not have your combination.

## **Plagiarism**

Acts of plagiarism are violations of academic policy and will not be tolerated.

“Plagiarism” is representing another person's words, ideas, data, or work as one's own. Plagiarism includes, but is not limited to, the exact duplication of another's work and the incorporation of a substantial or essential portion thereof without appropriate citation.

The minimum penalty for plagiarism is a zero on the assignment; more severe penalties may be recommended.

## **PE CLOTHES**

The Villegas PE uniform consists of the following:

1. Gold shirt
2. Navy blue shorts (Navy blue sweatpants for cold weather),
3. Closed toed shoes.
  - a. **No Crocs**
  - b. **No Sandals**
  - c. **No Slides**

**\*Students will not be allowed to participate in activity without proper shoes.**

PE clothes are to be taken home on Fridays to be washed.

**Students may NOT wear another child's PE clothes.**

**Students may NOT put PE clothes OVER their school clothes.**

All clothes must be a solid color bearing no logos or writing with the exception of Villegas Middle School. Navy blue sweatpants and a navy sweatshirt (no jackets) may be worn during cold weather. We require that all clothing be marked, using indelible ink, with the student's name to assist in their return should they become lost or stolen.

Students may purchase the Villegas shirt and shorts for a cost of \$20.00. Villegas sweatshirts and sweatpants are \$15.00 each. Clothes can be purchased in the front office before or after school or online by clicking on the link below.

[\*\*CLICK HERE TO PURCHASE PE CLOTHES\*\*](#)