

Class Information

Ms. Bronner: tressa_bronner@crpusd.org



Philosophy

- Enhance each student's lifelong interest in physical activity, personal fitness, and a healthy lifestyle.
- Create a safe learning environment where students work hard each day to improve.
- Effort is more important than skill. Momentary failure is part of the learning process in skill development. Students are encouraged to set personal goals and take risks by challenging themselves.

Student Responsibilities

Be Safe: DO your Best!

- Follow directions the first time
- Look before you run, throw, kick, swing or shoot
- Use equipment as expected and with care

Be Respectful: BE your Best!

- Keep Comments positive: Big Ups (inclusive praise & encouragement) not Put Downs & Insults
- Honor the rules, the game, and other players with honesty, integrity, and sportsmanship

Be Responsible: GIVE your Best!

- Come to class prepared: Dressed in a PE uniform, Notebook, & Pencil
- Ask for help from classmates or teacher
- Listen to your body when ill or injured and tell your PE teacher

Locker Room: If your student has special changing needs, please have them speak to me about arranging an alternative changing location or contact me directly by email. *Using the locker room is a privilege and students may lose locker room privileges due to poor behavior or accumulation of non-suits.

Common Questions:

Why did my student not earn all of their daily points?

- They are unable to due to non-suit or illness or choose not to participate fully and safely.
- Your student's participation was not a reasonable effort at meeting expectations.

What is a suit cut or non-suit?

When your student does not come fully dressed in a PE uniform (shoes, shirt, and shorts/pants)

When this occurs, you will receive a pre-recorded voice message or a text alerting you to your student's inability or decision not to dress for PE. IF your student has two or more suit cuts in a trimester their grade will be affected. If you receive this message, please help your student to come prepared the following day. If there is a financial hardship causing the suit cuts, please contact me directly via email.

What if my student is ill or injured?

Parents or guardians may write notes for *up to three days* to excuse a student. An excuse for more than three days must come from a doctor and be turned into the office first. Students with notes are still required to dress for PE if the medical excuse does not prohibit such action.

- Students must complete makeup assignment to earn their points if they miss class or are unable to participate due to illness or injury.

Why does my student need a notebook for PE?

Students use their PE notebook to track their personal fitness achievements and goals. This allows students to set goals, measure their progress, and know when they have improved or declined in performance. Students learn valuable lifelong fitness skills in assessing their health and keeping a record.

How does my student make up points? To earn daily points missed due to excused absences, medical excuses, and non-participation with a parent note, students can arrange to come at lunch or after school or complete at-home assignments found on the PE website. All makeup work needs to be completed one week prior to the end of each grading period. Suit Cuts, disciplinary non-participation and unexcused absences cannot be made up.

Daily Participation & Effort: Give your Best!

We define participation in PE as a student putting forth their individual best effort on a daily basis with regards to learning. This includes both mental and physical effort. Each day, students earn their participation points for participating in a safe manner to the best of their ability, and coming prepared (notebook and pencil). Students are not expected to excel at all activities, but students are expected to put forth effort into safe participation of all activities.

TMS Policy for Physical Education Suit Cuts and Non Participation due to Behavior

1st Incident	Unearned Points. Student & Teacher Conference. Contact home.
2nd Incident	Unearned Points. Teacher calls/texts parents.
3rd Incident	Unearned Points. Student & Teacher call home, Office Referral
4th Incident	Unearned Points. Lunch Detention with Teacher.
5th Incident	Unearned Points. Class Suspension with Administrative Referral, Call home, Loss of Daily points,
6 th Incident	Unearned points, Phone call home by Administrator AND loss of extracurricular privileges: rallies, dances, field trips
7 th Incident	Office Referral, Administrator/Student/Parent Conference and Potential Suspension

**Students will also earn detention if they fail to dress multiple days in a week.

PE Uniform Details

The uniform consists of:

- a. Plain shorts & TMS T-shirt or gray shirt with no emblems or stripes. PE uniform can be purchased from Innovative Screen Printing in Rohnert Park. Used uniforms available from the TMS PE department
- b. **All items must be marked** with the student's last name and first initial legibly with black solid marker--Shirts on the front side above belly button and below the shoulder, and on shorts or sweats on the front, mid thigh of left leg
- c. Athletic shoes with laces
- d. OPTIONAL: Plain gray sweat pants or TMS sweatshirt.
- e. NO STREET CLOTHES ARE TO BE WORN UNDER PE UNIFORM – This is a Non Suit.

Loaner PE Clothes

Sometimes students forget their clothes when they are taken home to be washed. Students may rent clean PE clothes from TMS PE teachers to avoid the non suit penalties. Students may only rent clothes 3 times per semester.

Student Name: _____ Period: _____

Please sign below indicating that you and your student have reviewed all pages of this PE syllabus together.
(If you are writing on paper instead of printing please copy the statement also.)

**** “We have reviewed Ms. Bronner’s PE info together.”**

X _____ Parent/Guardian Signature

X _____ Student Signature