



San Marin Physical Education

Weekly Activity & Fitness Log



Name: _____

Period: _____

Total Score: _____

For replacement cards or make up forms:

www.SanMarinPE.weebly.com

Week 1

<p>Wednesday</p> <p>☺ ☹ ☹</p>	<p>Personal Data Effecting Performance</p> <p>☺- Feeling Great, lots of energy, stress free, lots of sleep, good nutrition</p> <p>☹- Feeling OK, ready to workout, little or no stress, adequate nutrition</p> <p>☹- Stressed out!!! Low energy, little sleep, poor nutrition or not eating</p>
<p>Thursday</p> <p>☺ ☹ ☹</p>	<p>Personal Data Effecting Performance</p> <p>☺- Feeling Great, lots of energy, stress free, lots of sleep, good nutrition</p> <p>☹- Feeling OK, ready to workout, little or no stress, adequate nutrition</p> <p>☹- Stressed out!!! Low energy, little sleep, poor nutrition or not eating</p>
<p>Friday</p> <p>☺ ☹ ☹</p>	<p>Personal Data Effecting Performance</p> <p>☺- Feeling Great, lots of energy, stress free, lots of sleep, good nutrition</p> <p>☹- Feeling OK, ready to workout, little or no stress, adequate nutrition</p> <p>☹- Stressed out!!! Low energy, little sleep, poor nutrition or not eating</p>

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Find the "COURSES" page, select PE1 and find the PE1 Syllabus

Use the PE 1 Syllabus answer the following questions:

1. Physical Education is a _____ of my education, not a _____ from it.

2. COURSE GOALS AND STUDENT OUTCOMES

The major emphasis of study will be to guide students in developing a _____ commitment to health, fitness, and physical well-being through _____ exercise, sports, dance, and games. Students will demonstrate an appreciation of human movement by comparing, contrasting, and analyzing the movement elements contained in physical performance. Students will also understand the role exercise has on physiology and on the long-term benefits of an _____. Students will demonstrate the knowledge of movement patters, basic history, modified rules, and simple strategies of a variety of activities.

3. Of the units we will cover, choose 3 that you are looking forward to most this year

1.

2.

3.

4. Uniform:

What 3 things are you required to wear to PE each day?

1.

2.

3.

If you wear sweats to class what must you have on under them? _____

5. Lock & Lockers:

What is the cost to replace a lock that you lost? _____

Are you allowed to have food in the Locker Room at any time? _____

Are you allowed to share lockers with anyone? _____

6. Class Materials:

What 2 materials do you need to bring to class EVERYDAY!

1. _____
 2. _____
- NO _____ ALLOWED IN CLASS

7. Student Expectations:

- 1) NO _____ or _____ is allowed in CLASS or LOCKER ROOM
- 2) NO _____ DEVICES ALLOWED IN CLASS or OUT in LOCKER ROOM
- 3) Students are expected to:
 - a. show up on time and _____ for class with appropriate materials (pencils, binder, PE clothes, athletic shoes)
 - b. perform at their _____ at all times
 - c. follow teacher's _____
 - d. _____ facilities, students, staff, and _____
 - e. Secure their personal _____ in their locker. (The school is not _____ for stolen items)
 - f. Use school appropriate _____

8. Discipline:

If STUDENT _____ are not met, student/s will be separated from class and will serve _____. If this does not solve the problem a parent will be contacted or a referral will be sent to the administration.

Cell phones and iPods are _____ at any time in P.E. If you bring them to class, they will be _____ by the teacher and returned at the end of the teachers work day.

9. Grades:

What percent of your overall grade are the following?

Activity Cards / Participation: _____ Fitness: _____ Written Work: _____

When are your activity cards due? _____

On average, how many points will each card be worth? _____

If you don't turn in a Weekly Activity Card, what is the most points you can get for a week? _____

How many points will you lose if you...

are absent? _____ are tardy? _____

are not wearing your PE Uniform.? _____

We will have at least _____ timed runs each week.

10. Make Up Forms:

Make up forms should be turned in with your _____

Can a make-up form be used to make up a run? _____

11. Injury or illness:

A written note from a _____ or guardian must be turned into the instructor on the _____ of the excuse. The note is _____ good for that day and must be _____ and signed with a phone _____.

A note should include _____ information regarding the injury/illness and what _____ are.

If you have a parent note please see your teacher _____ you dress out. You may be required to dress out and perform a modified activity or you will be sent to the library to complete an academic assignment.

12. Other:

List two topics under the Health & Fitness Tab:

1. _____
2. _____

Look at the Sports & Games Tabs, find pickleball. When and where was pickleball created?

Getting to Know You

13. What is your best ever mile run time?

14. a) What is your favorite healthy food?

b) What is your favorite junk food?

15. What is your favorite subject in school?

16. Who is your role model? Why?

17. What do you think makes a good student?

18. What do you think makes a good teacher?

19. What do you want to do when you grow up?

Health Questions

20. Do you eat breakfast every day? If so, what do you normally have?

21. How many glasses of water do you normally have each day?

22. Do you exercise outside of school? If so, what kind?

23. Do you have any medical problems that may affect you in PE this year? If so please explain.

Dear Parent or Guardian:

Please take the time to read and understand the guidelines above for your child's physical education class. You will need to initial and sign the following form. This form must be returned to your child's PE teacher **on FRIDAY**

Thank you,
Physical Education Staff

Student's Name: _____

Parent's/Guardian's Names: _____

Home Phone: _____

Students and parents/guardians please initial the following:

Pr/Gr Stu

Pr/Gr	Stu	
		<ul style="list-style-type: none">• I understand that my student needs to be dressed in the appropriate PE uniform every day• I understand that sweats may be worn only over Green PE shorts• I understand that my student needs to have PE appropriate shoes every day (NO BOOTS, UGGS, SLIPPERS, SANDLES...)
		<ul style="list-style-type: none">• I understand that if my student loses the lock provided that it is our responsibility to pay for the lock (\$5)• I understand that it is the student's responsibility to keep his/her personal belongings safe and secure in their locker during class.
		<ul style="list-style-type: none">• I understand the San Marin PE discipline policies• I understand that phones and iPods are not allowed at any time in PE• I understand that food is not to be brought into the locker room at any time
		<ul style="list-style-type: none">• I understand the San Marin PE Grading Policies• I understand the regulations regarding parent and medical notes

Please sign below acknowledging you have read the course description and understand the policies.

Parent or Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____