

Course Name: 8th Grade Larsen Middle School Physical Education

Teacher Name: Raquel Castilho

Phone: (847) 888-5250 ex. 4043.

Course Welcome/Intro

Welcome to Larsen Middle School Physical Education, In this course you will be participating in daily Physical Activity.

Areas of focus:

- Analyze Target Heart Rate and aerobic Fitness choices for lifelong health.
- Move safely, positively, and efficiently during Physical Activity.
- Create an individualized fitness plan using technology.

Required Course Materials

Students are required to bring a Larsen Middle School Physical Education T-shirt, athletic shorts, athletic shoes, and deodorant daily.

Classroom Expectations

- Be prepared on a daily basis
- Give your best effort every day
- Be safe, respectful ,and responsible in the gym, and locker room

Reassessment Policy

Students will have 5 school attendance days to reassess once the original assessment has been graded. After a reassessment, the most current grade will show in Infinite Campus. For example, if a student starts with a 2 and then earns a 1 on a reassessment, the 1 will be the score reflected within Infinite Campus and in grade determination. If the student instead earns a 3, the 3 will be the score reflected.

Other Classroom Policies

Medical and Religious Accommodations and Modifications

If you are ill or cannot participate in P.E. for a period of three days or less, you need to bring a note signed by your parent or guardian explaining the reason why. If you cannot participate for a period longer than three days you need a note from your doctor or clergy on letterhead from the place of worship explaining the reason why. The note is due one week from the first day of your non-participation. You will still dress for activity and take the note to your teacher. You will not be required to participate in the assigned physical activity, *only dress and complete an alternate assignment/activity if possible*. Each request for an extended accommodation will be reviewed by the teacher and school administration on a case by case basis.

For more detailed information access the district website: <https://www.u-46.org/Domain/2921>

Larsen Middle School • 2019-2020

Parent Signature Form

Physical Education

Raquel Castilho

Please share with your parents or guardians and have this signed and returned by _____.

Students:

I, _____, have read and understand the syllabus and agree to bring my best attitude and effort to this class every day.

Parents/Guardians:

I, _____, have read and understand the syllabus.

Home phone: _____

Work phone: _____

Cell phone: _____

E-mail address: _____

Parent/Guardian preferred language: _____

How would you prefer to be contacted? (You may select multiple methods)

_____Home _____Work _____Cell _____Email

1. What is the best time of day to reach you by phone?

2. Is there anything I should know about your student's learning process?