



PHYSICAL EDUCATION TEAM

2023-2024

Physical Education Teachers

Maestra Mercado

smercado@lasac.info

C-2

Ms Gellie.

tgellie@lasac.info

Room 26 (location:Gym)

Maestro Franco

mfranco@lasac.info

Room 26 (location:Gym)

Maestra Mercado

Received her B.A. in Kinesiology from Stanislaus State University with a supplement in Health Education. She received her Single Subject teaching credential with a Spanish bilingual authorization from the same institution. She has been teaching at LAS for 20 years and is currently the basketball coach, Club Colibrí and Club Q Advisor. *Her philosophy as a teacher is not only to provide a variety of physical activities that students can adopt to stay healthy for the rest of their lives, but also to provide the opportunity to see education as a tool to contribute to society to make it more equitable, promote social justice and critical thinking.*

Maestra Gellie

Ms. Gellie received her B.S. in Kinesiology with an emphasis in physical education from California State University of Sacramento. She received her adapted physical education authorization from California State University of Sacramento. She teaches TK-8th grade physical education and adapted physical education.

Maestro Franco

Maestro Franco received his B.S. in Kinesiology with an emphasis on Physical Education from the California State University of Sacramento. He received his single subject teaching credential with a Spanish Bilingual Authorization from the same institution. He teaches K-8th grade physical education.



THREE DOMAINS IN PE

PHYSICAL Health -

The ability of the body to function properly while being able to perform age appropriate activities.

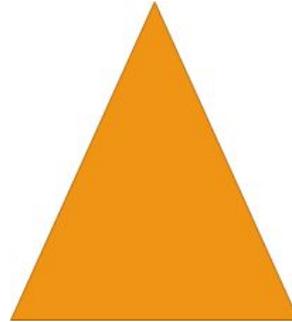
Main Factors: Nutrition, Exercise, Rest



EMOTIONAL Health -

The ability to manage and express behaviors, feelings, and thoughts in an appropriate way.

Main Factors: Friendships, Family, Society Norms



SOCIAL Health

The ability to form positive relationships with others.

Main Factors: Self-Esteem, Communication, Accepting Differences

Block 1 - Class Times

1st Block: Tuesday/Thursday 8:20 - 9:45

COME DRESSED in PE CLOTHES TO SCHOOL - Bring school clothes for end of the class

1st Block: Friday 10:30 - 11:30

DO NOT COME IN PE UNIFORM

Block 2 - Class Times

2nd Block: Tuesday/Thursday 9:55 - 11:20

2nd Block: Friday 11:30-12:30

P.E. Uniform



- On PE days, Language Academy students dress for PE.
- Wear your green PE shorts and gray PE shirt.
 - Clothing should have:
first initial and full last name

NO
CROCS



What if I forget my uniform?

At the beginning of class:

- Grab a loaner off the gray cart in the gym
- At the end of class, return the loaner to the gray cart in the gym
- Students will receive an **“N”** in Citizenship grade once they have used 3 or more loaners per semester



Loaner Uniform!

Before Class

1st block has 7 minutes to be in roll call, which is in the gym

2nd block has 10 minutes to be in roll call, which is in the Gym



End of Class

Students have 10 minutes to:

1. get to your changing room
2. get back in your school clothes
3. get to your next class on time.

Make sure you use them wisely



Medical Notes

Parent Note:

Doctor Note:

1. Your Name & Date
2. Contact Number
3. What you are ABLE TO DO

Grading Policy Middle School

Participation = 50%

Following rules and procedures

Doing assignments and activities

Personal Conditioning = 40%

Daily warm-up

Jaguar Fitness Folder

Knowledge = 10%

Quizzes, Tests

Assessments: Skill / Partner



How do I earn my PE points?

You earn **10 points** per day

4 points = personal conditioning

6 points = participation

-Daily Warm-Up

-Follow rules and procedures
-Doing assignments and activities as
teacher directed

GOOGLE Classroom

You need to be in PE class to earn your daily points.

When you are absent you earn ZERO points.

Google Classroom is used for:

- 1. When you are absent from PE class**
 - a. Complete an assignment
 - b. Go to fitness academy
- 2. Announcements related to PE class**

When I am absent...

Maestro Franco:

Block 1: [wqfheyb](#)

Block 2: [d4xdbkw](#)

Ms Gellie:

Block 1: [kzji7ce](#)

Block 2: [73m7yx5](#)

Maestra Mercado:

Block 1: [6s6zbxr](#)

Block 2: [4fesfpu](#)

Hydration

Students are encouraged to bring a reusable water bottle to class daily!

**How much
water should
YOU drink
daily?**

