

Coach Doan's Physical Education Newsletter

Welcome to Coach Doan's PE class!

Welcome everyone to my physical education class at South Lake Middle School! To all of the new families, my name is Vince Doan and I am one of the two PE teachers on site. I am extremely excited to be back for another fun-fill year of physical education. Besides PE, I also run: Lunchtime Sports, Tournament of Champions, Irvine Junior Games, Guys got Game, and PBIS. If you have any questions regarding any of those events, please feel free to reach out to me. Each month I like to send out a newsletter to update families on what we did in my PE class throughout that month. I hope you enjoy it!

Program Overview

At South Lake, all students will have physical education class every single day. Throughout this school year, students in my class will participate in various sport units including team sports, individual sports, and non-traditional sports. Each sport unit is 3-4 weeks long. During that time, students will learn the basic skills and will be given time to practice. Students will participate in mini games and activities to improve their skills. Each unit will culminate in gameplay and a unit test at the end.

Along with sports, students will learn about fitness and how to incorporate fitness into their daily life. I will introduce and teach various exercise equipment so that students are able to properly and safely exercise with them. We will have a fitness day each week as well as a fitness unit in February in preparation for the California State Physical Fitness Test. Students will practice for the state test each month with the mile run, push-ups, and curl-ups.

All assignments, quizzes, and assessments in my class will be posted on Google Classroom. I will provide class time for students to complete them. Students can also complete any material at home if they were absent the day of the assignment. Students will have until the end of each trimester to complete all assigned work. Grades are found on AERIES. Please do not hesitate to contact me if you have any questions or concerns.

Class Expectations

Students in my physical education class are expected to participate safely and to the best of their ability. They are to take pride in their class, and be ready to participate in the day's lesson. Students are to be on time, changed out and on their roll number at the start of each class period. Students are to demonstrate the South Lake Cares motto, good citizenship and above all have fun during PE class.

In the event that a student is unable to participate due to an event or an injury, students can be excused from PE with a parent's note, phone call, or e-mail. A doctor's note is required if a student needs to be excused for longer than 3 days. Students will still be expected to participate in the lesson in a modified or accommodated role that will best suit their limitations during an injury.

All of my students are responsible for making up any missing assignments, exams and fitness tests. It is a student's responsibility to communicate with me to set up a date and time to complete all missing assignments. Missing assignments must be completed prior to the end of the trimester to receive credit.

SHARK OF THE MONTH

Each month the Physical Education department selects a girl and boy from each grade level.

Students who are chosen have best exemplified: The South Lake Cares motto, made huge progress, are helpful to staff, are supportive of peers and show a growth mindset in their learning. Those awarded the Physical Education Shark of the Month will be recognized in front of their peers for their accomplishments and receive a prize! Student recognition can be found on the PE bulletin board, monthly newsletter, and my website.



Physical Education Uniforms

PE uniforms that were purchased during registration will be distributed in class this week (Aug. 26 – 30th). Students are responsible for picking up their uniform as well as writing their first name and last initial on all PE clothes. Students also have the option to bring their own set of athletic clothes from home to wear in class. PE Clothing from home must be a blue shirt and black shorts/pants. Tennis shoes or running shoes are a requirement to participate in physical education class. Students are not allowed to wear sandals or open toe shoes. Students are expected to dress out for physical education class every single day. I have loaner PE uniforms available for students to borrow for that day if they forgot their uniform at home. Students will not be able to participate in physical education class if they are not properly dress. We recommend students leave their PE uniform in their personal outdoor locker throughout the week and taking them home over the weekend to wash them.



Locks and Lockers

All students have been assigned a lock and small outdoor locker earlier this week. The 7th graders learned how to open a combination lock and were given time to practice. Throughout the school year, students will use their assigned outdoor locker to store their physical education uniform as well as deodorant, sunscreen, extra shoes and socks. These lockers are for PE use ONLY! No food, textbooks, lunch boxes, or any other personal items. All outdoor lockers are gated and locked during lunch time and afterschool.

During PE class, students will use the lockers inside the locker room on a first-come-first-serve basis to store backpacks and school clothes. Students are expected to lock all valuables in their locker during PE class. Both inside and outside lockers are not to be shared with other students. At the end of the school year, all locks will be collected. There is a \$5 fee if a lock is not returned at the end of the school year.



Lunchtime Sports

Lunchtime Sports is an intramural league for all students at South Lake. During lunch students are able to sign up and compete in various sports throughout the school year. There are separate leagues for 7th grade students and 8th grade students. All students are welcome to sign up with their own team during various sports seasons. Sports such as basketball and flag football, have specialized sign-ups in which students are put in a "draft pool" and captains are appointed to draft teams; this allows for balance and opportunities for all students to participate fully. Each lunchtime sport season runs 3-4 weeks long with 4-7 regular season games. The 8th grade tournament games are on Monday, Wednesday, and Friday. The 7th grade games are on Tuesday and Thursday. At the end of the season, every team makes the play-offs and compete in a chance to win the championship. The grand prize for the championship team is a pizza party and first place trophies! Sign-ups for lunchtime sports will start up in mid-September! Stay tune for more details.



Tournament of Champions

South Lake's completed our quest three-peat as the winner of the Tournament of Champion (TOC) last year. We will hope to continue our winning streak this year beginning with the Harvest Cup soccer tournament in October. The TOC also includes: the Winter Bowl flag football in January and the Hoops Classic basketball tournament in March. All events are a weekend-long tournament where our South Lake athletes compete against other middle schools in Irvine. At the end of the year, the final points for all tournament teams are counted and the school with the most wins the TOC trophy.

If any parent would like to volunteer to coach, please reach out to me.



SHARK OF THE YEAR

At the end of the school year, the PE department selects a Shark of the Year to one 8th grade boy and girl during promotion. These notable sharks are presented the coveted Shark of the Year based upon their overall progress during their two years here at South Lake. The Sharks of the Year are students who showed consistency in their: Eagerness to continue learning, participation in class and athletics, leadership skills, and by encompassing what it is to show South Lake Cares daily.



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