

# MIDDLE SCHOOL PE NEWS

## Welcome Back!

I hope you all had a great summer. For those of you who don't know who I am, my name is Mr. Gachalian and I am the middle school PE teacher. This is my 10<sup>th</sup> year teaching PE at San Pasqual Union. I live with my 4 kids Ezekiel, Avila, Azelie, Elias and my wife Lailani. I enjoy spending time with my family, playing basketball, surfing, snowboarding, golf, guitar, drums and fishing. I'm looking forward to another great school year with you all. Students will be participating in PE on Tuesday & Friday. Mrs. Kathy Smith will also be teaching middle school PE with us this year. I'm looking forward to a wonderful school year with you all.

## PE Expectations

All students are expected to actively participate during PE. They must be dressed out in athletic attire with tennis shoes. They can also purchase optional school PE uniforms for \$15.00, which includes a shirt and shorts. Please see me if you are interested in purchasing PE uniforms. Students who are not suited up will be marked tardy. All absent days must be made up by either running a make up mile or completing a PE assignment which can be found on my school webpage.

**Medical Excuse:** Parent written notes are accepted for up to 3 DAYS. A doctor's note must be on file with the school nurse after the 4<sup>th</sup> day. An alternative PE assignment will be given to students who are medically excused. Each student is responsible for making up the PE day(s) he or she missed.

## Middle School Events

**Minimum Days First Week of School: 8/17, 8/18, 8/19**

**Turn in PE Syllabus**

**Cross Country: TBA**

**Back to School Night: 8/25**

**Football Tryouts –Aug 22nd & 23rd**

**Volleyball Tryouts- Aug 22nd & 23rd**

**APEX Run: 9/1**

## PE Activities This Year....

- Badminton
- Soccer
- Basketball
- Lacrosse
- Softball
- Football
- Track and Field
- Volley Tennis
- Team Handball
- Ringo
- Ultimate Frisbee
- Fitness Unit
- Tennis

## Contact Info:

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