



# Welcome to Coach Cam's PE Class



**“RESPONSIBILITY IS UP TO YOU”**



# A little about me...



Coach Cam (Ms.Camarao)

Children: Antonio 7, Aidan 6

Graduated UCLA

African American

Love to workout, spend time  
with my family, roller coasters,  
UCLA and BASKETBALL

# My classroom expectations are:

- Be prepared (correct clothing/shoes & water)
- Respect one another
- Christlike sportsmanship and encourage each other
- Participate at all times
- Win without boasting & Lose without blaming.
- Follow class “Procedures”



**“I CAN’T”** is the acronym for “I Completely Admit I’m Not Trying.”

# What Are Procedures?

Procedures are put in place for our classroom so you will know what is expected of you on a daily basis.

This will allow us to focus all of our attention on the **FIELD**



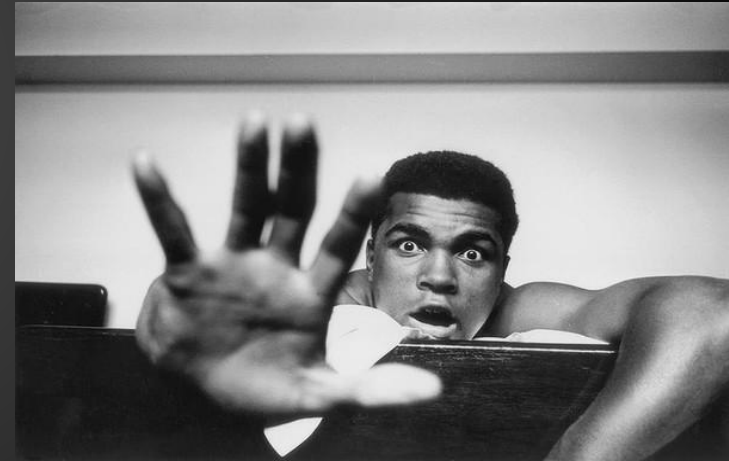
# “Whose turn is it to talk?” Procedures

We will all have the opportunity to talk. When it is YOUR turn, we will all listen.  
When it is MY turn, we will all listen.

When I raise my hand and say “Give Me Five”

1. Please freeze
2. Keep eyes on me
3. Be still
4. Hands free
5. Listen

**I WILL HAVE SOMETHING TO SAY**



I am the greatest, I said that even before I knew I was.  
Muhammad Ali

# The CAM Zone Procedures

- Walk to class in a single line quietly
- Place any items down on the benches and return to two lines (Girls & Boys)
- Greeting (Instructor/Students)
- Recite verse *Philippians 4:13 I can do all things through him who strengthens me.*
- Warm Up
- Agenda (will be on white board)
- Exiting class-Gather Items and line up quietly two lines (boys & Girls) and wait for homeroom teacher.





# CAM Zone Warm Up Procedure

- Laps around the grass field (agenda board will give lap information & Line Leaders)
- Water break
- Proceed to 3-5 lines quietly
- Dynamic exercises led by Coach Cam
- Water break
- Proceed to 3-5 lines quietly



# Grading Procedure

There are two ways to earn points in my class

A. Behavior (5pts per class)

B. Participation (5 pts per class)

Great Behavior & Great Participation = Full Points

Ok Behavior & Ok Participation = Half Points

Challenging Behavior & **No** Participation = **No Points**



Make The Choice To Do Your BEST



# Absence Procedures



I will sincerely miss you when you are absent.

- ★ Try to always be here.
- ★ I understand sometimes we get sick
- ★ If you are absent, makeup activities will be given to get full points
- ★ Makeup activity will be given to be completed at home and must be turned in by your next PE Class

# Finally.....



I am so happy to be here with you.  
You are all very important to me!

My prayer is that we will have a Great Year!

Remember **“THE RESPONSIBILITY IS  
YOURS”**

