

Pojoaque Valley Middle School

Vera Trujillo
Principal
455-2239

Pojoaque Valley Schools
1574 State Road 502
Santa Fe, NM 87506

Mabel Gonzales-Specht
7th Grade Counselor
455-2238 Ex. 1604

Priscilla Cordova
Administrative Secretary

455-2238

Robert Garcia
8th Grade
Counselor/Social Worker
455-2238 Ex. 1605

455-2238

Connie Garcia
Secretary
455-2238

Aric Wheeler
Discipline Officer
819-2312



Kindness Rules !!

Dear Parent/Guardian:

I will be your child's Physical Education Teacher. I have been teaching in the Pojoaque schools for 15 years. I received my degree from the University of New Mexico, and lived in the area for 30 years. I am looking forward to another productive school year.

Physical Education prepares students to improve and maintain healthy, active lifestyles. Students are given an opportunity to develop a culture to engage in enjoyable, meaningful leisure-time pursuits.

Physical Education plays a critical role in educating the whole student. It also helps students to make informed choices and understanding the value of having a physical active lifestyle. The program provides students with the opportunity to learn motor skills, develop fitness, and gain understanding about the importance of physical activity in their daily life.

Students will receive a daily grade. Grades will be based on dressing out, participation in the class and effort in the activity. At the end of a unit, students will be tested on their skill-levels and knowledge of the activities covered in the unit. Students are required to dress-out every day for class. If your child is ill or injured and cannot participate, a note from the parent or doctor is required, the school nurse also needs to be notified.

Students will be tested at the beginning of the year to determine a baseline fitness level of each student. The tests will indicate a skill-level for each student. The Presidential Physical Fitness Test, which includes: sit-ups, flex-arm hang, 3 minute run and shuttle run. These events will cover the muscular-endurance, cardio-respiratory endurance and flexibility.

If you have any questions about our Physical Education program, please contact me at Pojoaque Valley Middle School (505) 455-2238 or ccortez@pvs.k12.nm.us.

Thank you,

Charles Cortez Physical Education instructor
Physical Education Grading Rubric