

PHYSICAL EDUCATION

Dear Parents,

Welcome to the 2018-19 school year. We're looking forward to a very active and successful year in Physical Education. My goal for each and every child is to promote FITNESS FOR LIFE!

Your child will have Physical Education class on:

See PE Schedule

DRESS

To ensure maximum safety and participation, your child should wear appropriate clothing and footwear for movement. Proper footwear includes tennis type/sneaker shoes-those with a flat bottom (no heel or high platform) and the foot fully covered and laced snugly. Clogs, sandals, dress shoes and boot-like shoes are not appropriate types of footwear for physical activity.

On hot days, sunscreen and water bottles are recommended.

On cold days, dressing in layers is recommended.

PARTICIPATION

Participation is expected of all students. If your child needs to be excused from P.E. activities, due to allergies, asthma, or other medical reasons, please send a written note and have your child bring it to me at the beginning of P.E. class. **Please be specific as to what your child can or cannot do.**

GAME PLAN

1. Handle problems in appropriate and acceptable ways.
2. Be considerate.
3. Use only supportive communication.
4. Willingness to try your best and not give up.

*CLASSROOM MANAGEMENT

In order to reinforce a more positive learning environment to a student who is not showing appropriate behavior choices, he/she will be sent to sit on the Observation Deck (an area in full view and close enough to the activity so they can hear the instructions). While there, the student can reflect on their behavior and make adjustments so that they can successfully reenter the activity. The student will reenter activity when he/she can answer the following 3 questions:

What will I **stop** doing?

What will I **start** doing?

What will I **continue** doing?

Observation Deck = a "warning" will be recorded.

Student does not reenter activity = a "time-out" will be recorded.

Note: Severe behavior will be sent immediately to the Principal.

Let's work together to help keep our children healthy and fit. If you have any questions or concerns, please feel free to contact me.

Thank you!

Reeve Smith

Physical Education Teacher

Blue Oaks and Junction Elementary

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