

# **WELCOME TO PHYSICAL EDUCATION CLASS**

## **VIRGINIA ELEMENTARY**

### **MS. WEST & MR. NICHOLAS**

#### **GOALS:**

1. To provide a safe environment that promotes success and fun through movement.
2. To help students develop lifetime recreational skills.
3. To help students understand and improve fitness levels and health awareness.

#### **RULES:**

1. Respect others – Be kind to others. Insults/Teasing /Bullying will not be tolerated.
2. Respect self – Participate and follow directions with a positive attitude. Try your best.
3. Respect property – Be safe and responsible when using our equipment.

#### **PROCEDURES:**

1. Wear safe shoes to participate in all activities.
2. Enter the gym ready to learn and exit the gym quietly.
3. Be ready to move and participate in physical activity upon entering the gym.
4. Gum, candy, and drinks are not allowed during class.
5. Stay inside the classroom at all times.

#### **DISCIPLINE:**

**\*\*STUDENTS ARE RESPONSIBLE FOR THEIR OWN BEHAVIOR!**

Students will have opportunities to earn compliments and class rewards based on positive behaviors. Consequences for misbehavior include a verbal warning, walking during recess, time-out of activity, time-out/away from all remaining activities, referral to office, and parent/guardian contact.

#### **MEDICAL EXCUSES:**

**\*\*STUDENTS ARE EXPECTED TO PARTICIPATE TO THE BEST OF THEIR ABILITY.**

1. A parent note with specific injury/condition information will excuse student for 1 day.
2. Doctor's note with specific limitations is needed if injury/condition if more than 1 day.

#### **GRADING:**

Daily points are awarded for students who follow these learning standards:

1. Using skills/equipment properly and participating safely in physical activity.
2. Maintain a level of fitness based on effort and understanding of health concepts.
3. Cooperation and sportsmanship when working with others.
4. Participation and effort during activities. Includes wearing safe attire in class.

**\*\*Students will lose daily points if they do not properly follow the above standards.**

#### **MAKE-UP WORK:**

Students who are absent or fail to wear safe shoes in class may be required to complete physical activity assignments to earn credit for class activity time missed.