

## **PHYSICAL EDUCATION**

### **PHILOSOPHY:**

Our primary objective is to enhance fitness and to encourage physical activity not only during physical education classes, but also as an integral part of a healthy lifestyle.

We also strive toward creating an environment of mutual respect between teacher and students, and students and their peers, so that each student has the opportunity to reach their individual potential.

### **DRESS REQUIREMENTS:**

Students are required to bring a change of clothing appropriate for physical activity: sneakers, socks, shorts (with no belt loops or belts) and/or sweat pants, tee shirt. Lockers with locks are provided for all students.

### **STUDENT EXPECTATIONS:**

- Be a cooperative individual.
- Have a positive attitude.
- Be an active participant
- Be a responsible individual.
- Have respect for peers, teachers and equipment.

### **GRADING PHILOSOPHY:**

Active participation is the major emphasis of the physical education program. Students are also individually evaluated on their: preparation, on task behavior, intensity level, application of knowledge and sportsmanship/behavior.

### **PHYSICAL FITNESS TESTS:**

Physical Fitness Tests are required in grades 6 and 8. The four parts of the test are: Mile Run/Walk, Curl-Ups, Sit and Reach and Push-Ups. The Connecticut Physical Fitness Assessment is mandated by the State as part of the Connecticut Mastery Tests and is administered in the Fall.

### **CURRICULUM:**

The curriculum is an exposure approach including a variety of individual sports, invasion games, net sports, project adventure, fitness, and recreational activities. These activities can be useful in developing many skills including cooperation, leadership, self-esteem, teamwork and fitness.

### **COMMUNICATION:**

Please feel free to contact your child's teacher if you have any questions or would like any additional information.