



## ELEMENTARY PHYSICAL EDUCATION (EPE)

Fall 2009

Dear Parents of Grades 4-6 Students,

Physical education specialists are assigned to school sites to teach each upper-grade class for 50-minutes once a week. Two classes are taught at one time with the assistance of an instructional aide. The physical education program emphasizes basic skills, physical fitness, cooperative skills, movement concepts, and a healthy lifestyle. The physical education specialists want to take this opportunity to inform you and your child of the following program expectations:

### **Student Expectations**

Treat others with respect, try your best, listen when directions are being given, take care of the equipment, & hands and feet to yourself.

### **Appropriate Clothing for Physical Education**

- Tennis shoes need to be tied tight with socks. High platform shoes are unacceptable.
- Don't wear your best clothes on your physical education day. You will get dirty.
- Girls wearing dresses need to wear shorts underneath.
- No jewelry, cell phones, food or toys of any kind should be brought to EPE.

### **Illnesses and Injuries**

- If your child is sick or injured, please send a note stating how long he/she is to be excused from activity. **Make sure you include the teacher's name on the note.**
- Students who are excused need to make sure the physical education teacher receives the note.
- Those who are unable to participate will be given an alternative written assignment to complete outdoors.

### **Prior Medical Conditions**

- If your child has a medical condition that may limit physical activity, please notify the physical education specialist in writing stating the condition and limitations.
- Students are encouraged to keep an inhaler or medication in the office so they can participate.

### **Report Card Grades**

- Grades are based on effort, sportsmanship, and fitness test scores.
- Students can earn an outstanding, satisfactory, or need to improve in physical education.
- 50% of the report card grade comes from the physical education specialist and the other 50% comes from the classroom teacher's observations from their physical activities.

### **Fitness Testing**

- Students are fitness tested 3 times a year. The fitness test measures muscular strength & endurance, cardiorespiratory endurance, agility, and flexibility.

*Thank you for your support. Feel free to contact us if you have any questions or concerns.*

**Mark Owen, Dawn Marshburn, Jennifer Garbick, Sarah Farnworth**  
P.E. Office 909-985-3488



# Elementary PE Guidelines

Your child's PE day is on \_\_\_\_\_



## WATER ONLY

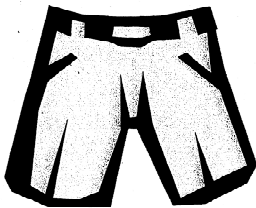
Students should bring only water to PE. **Do not freeze the bottles** and make sure the bottles have the student's name on them.

**Please do not bring sport drinks** (up to 14% sugar per gram) and especially Energy Drinks (up to 70% sugar per gram). Should they spill on the blacktop they leave a sticky mess.



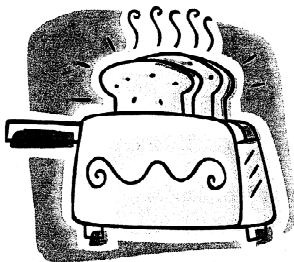
## PROPER SHOES

Students should wear a running shoe, a fitness shoe or a cross training shoe. **Please do not wear a slip-on shoe.** They tend to fly off the feet and do not provide proper support for various EPE exercises.



## WEAR ATHLETIC CLOTHES

Students will get dirty with blacktop grime, grass stains and dirt during PE. Wearing nice clothes prevents the student from wanting to fully participate in PE. **NO SKIRTS, NYLONS, or JEWELRY** should be worn to PE. **HATS are allowed** – especially on hot days.



## EAT A HEALTHY BREAKFAST

At times PE can be physically grueling. Make sure your child has had a good breakfast on PE days. A good breakfast consists of grains and fruit such as oatmeal, an apple or banana, pancakes, etc.

**AVOID HIGH SUGAR FOODS.** Pop tarts and cereals high in sugar will actually cause students to lose energy during PE.



## WRITE A NOTE IF SICK or INJURED

A student must have a note from home to be excused from EPE. The note must include the following:

**Date, student's name, teacher's name, date the student can return to EPE and a contact number.**