

## Sennett Middle School Physical Education

Welcome to Sennett's Physical Education program! Your PE Team is led by two veteran teachers, Susie Efinger and Ben Houseman. We are excited to offer your child a holistic and standards based physical education program.

We are excited for this school year and eager to provide your child with the knowledge and skills to stay healthy for life! Our classroom expectations are to be safe, respectful, and focused on self-improvement. In addition, we expect students to exhibit focus during instruction and to display teamwork, perseverance, hard work, and self-discipline. We look forward to instilling these character traits and a lifelong love of physical fitness in your students. Please support this goal by encouraging your student to play 60 minutes each day and by modeling healthy eating habits at home!

### Goals of Sennett PE:

- The first goal is to obtain the knowledge and skills to live a healthy life.
- The second goal is to develop daily exercise habits in an effort to stay healthy.
- The third goal is to be respectful, kind, and accountable for yourself.

**PE Standards:** Our PE curriculum is standards-based aligned with the SHAPE America National Physical Education Standards.

**Assessment/Grading:** We will assess students daily in PE based on their ability to meet classroom expectations, demonstrate a commitment to fitness improvement, and a focus effort towards meeting our daily objectives. We do not grade based on athletic ability or talent. 4 point daily skill assessment: A=4/4, B=3/4, C=2/4, D=1/4, F=0/4.

- 1 Point: Safe and respectful behavior
- 1 Point: Fitness improvement
- 1 Point: Focused effort
- 1 Point: In class on time and seated in attendance line

**PE Dress Code:** In order for your student to be successful in physical education students must wear the appropriate clothing on days they are participating in PE. Although we don't require a uniform, please ensure that your student wears shoes and clothing that allows for safe movement and exercise. Students may be asked to complete an alternate PE assignment if their clothing is unsafe for the daily activity.

**Cell Phones:** We ask that cell phones are off and away during PE.

**Attendance:** Students are expected to be on time for class, sit in their assigned attendance line, stay the entire time, and engage in the daily activities.

**Student Discipline:** Student discipline will follow policies and procedures outlined in the Sennett Middle School Student Handbook.

**Student Health Status:** When a student needs to be excused from class for medical reasons, a written note from home/physician is required. Notes from a parent/guardian will be accepted up to three class periods, after that a written doctor's excuse will need to be provided. If your child uses an inhaler it is their responsibility to bring it to class and use it when needed. If your child has any health concerns please report them to our school nurse, and our nurse will be sure to communicate those concerns to us.