

Sands Montessori Physical Education

Physical Education is where students learn to be active for a lifetime. In PE, students learn how to move their bodies fluently and develop the knowledge, fitness levels, physical skills and personal and social skills necessary for a lifetime of health and physical activity. Physical Education is an integral part of the education program for all students. Your child will have PE twice a week at Fairview. It is important that your child is prepared for PE with appropriate clothes and shoes. Appropriate clothes and shoes give your child the opportunity to fully participate in PE activities safely. If your child does not wear shoes that are appropriate and safe for the PE activities, they will be asked to participate in an alternate activity that is safe for them. If your child chooses not to participate in the alternate activity, they will lose participation points for the day.

Expectations in Physical Education and Health

1. Students will demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
2. Students will demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
3. Students will assess and maintain a level of physical fitness to improve health and performance.
4. Students will demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Students will demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Class Rules in Physical Education

1. Safety at all times!
2. Courtesy and respect for teachers, other students, and school equipment.
3. Practice good sportsmanship and behavior at all times. Winning everything is not our goal.
4. Participate to the best of your ability with a positive attitude. All students are expected to participate in class activities unless they have a note from home stating otherwise.
5. Follow all game/activity rules given by the teacher.

Consequences for Students

- 1 st incident- Students are reminded of correct behavior.
- 2 nd incident- Students sit out to think about their behavior and observe correct behavior. They will be allowed to return to the activity. Students will lose 2 of their daily points.
- 3 rd. incident- Student sits out for the remainder of P.E. Students will lose 5 of their daily points.

*Students with a total of 4 or more behavior incidents, missing written assignments and lack of participation during the grading period will receive a referral.

*Students involved in physical fights will be sent to the principal immediately with a referral.

* Please remind your child to dress appropriately for physical activity. For comfort and safety purposes, he/she should wear sneakers and clothes suitable for activity.

Grading

Students will earn 10 points for each PE class they attend. Points are based on effort and participation. If a student is absent from PE they cannot earn the 10 points. If you have any questions or concerns please feel free to email me at toebbej@cpsboe.k12.oh.us or contact the school to set up a time to meet.

Thank you! Mrs. Toebbe