

Physical Education

Mr. Yard

Class Rules:

A Act Safely

B Be Prepared
and Be Positive

C Cooperate

D Do Your Best

Buffalo's Anti-Bullying Rules

Our School's Anti-Bullying Rules

1. We will not bully others.
2. We will try to help students who are bullied.
3. We will try to include students who are left out.
4. If we know that somebody is being bullied,
we will tell an adult at school and an adult at home.



Reminders:

- Please make sure that your child wears sneakers on gym day, as well as comfortable clothing!
- If your child is unable to participate, for any reason, please provide a note from you or your doctor.

Grades :

- Students in grades 4 & 5 will receive a P.E. grade each semester (twice a year). They will earn a +, / , - based on their performance in the following categories:
 - Participation
 - Cooperation
 - Physical Fitness

Participation:

This specific grading category is based off of whether or not your child wears the appropriate shoes to class. While there is a good chance I will still permit your child to participate in the activity, without sneakers on, they are not able to give 100%. Each week they forget to wear sneakers they will receive an "X" in the gradebook. Once they earn three "X's" they go from a (+) to a (/). If they accumulate more than three "X's" throughout the grading period, they go down to a (-).

Cooperation:

I determine whether your child receives a (+), (/), or (-) in this category based off of their behavior. If your child is almost always following directions, doing what they are supposed to be doing, and staying on task, they will earn a (+) on their report card. If they have to be told a couple of times throughout the grading period to get back on task, they will go down to a (/). If they are consistently off task and/or distracting others from learning, they will receive a (-).

Physical Fitness:

ALL students will receive a (/) in this category on their first report card.

At the start of spring, all of my classes (excluding Kindergarten) complete a series of 5 physical fitness tests. I use the results of these tests to determine whether your child will earn a (+), (-), or (/) on their final report card.

Class Routines

- Grades 2-5 start each class running and/or walking laps
- When the whistle is blown, the students find an orange rectangle and complete the following:
 - 25 jumping jacks
 - 20 mountain climbers
 - 15 squats
 - 10 second plank
 - 5 push-ups
- Students then go to their assigned number to discuss the days activities

What will we cover this year?!

- Soccer:
 - kicking, passing, goal tending
- Basketball:
 - dribbling, passing, defending, shooting
- Hockey:
 - passing, controlling, goal tending
- Lifelong fitness activities:
 - jump rope, running, yoga/pilates, dynamic stretches, calisthenics
- Fitness testing:
 - sit-ups, sit & reach, shuttle run, pull-ups, mile run

**The primary grades will also learn/review locomotor movements, balance activities, spacial awareness, cooperative games, as well as much more!

5th Grade P.E. Club

- P.E. Club is open to ALL 5th grade students.
- It will begin the end of September / early October
- Students are required to be at the school between 8:00-8:15. Please do not come any earlier or later.
- P.E. Club is OPTIONAL. Students may come once, twice, every week, or not at all.
- If numbers are high, P.E. Club will rotate weeks for boys and girls. Students will receive verbal reminders and well as text reminders on whose week it is to attend.
- Since this is optional and not a requirement, students may be asked to leave if their behavior does not follow school rules.



4th & 5th Grade
Health

4th Grade Health

- Chapters to Cover:
 - Your Needs and Feelings
 - Body Systems
 - Guarding Against Disease
 - Medicines
 - Drugs and Your Health
 - Alcohol/Tobacco

5th Grade Health

- Chapters to Cover:
 - Your Needs and Feelings
 - Food and Your Health
 - Fitness and Activity
 - Living in a Healthful Community
 - Drugs and Your Health
 - Harmful Effects of Alcohol and Tobacco

grades

- Grades will be given each SEMESTER (twice a year) and based on how many points have been gained for that semester.
- Students will lose 2 points every week that an assignment is late.

Assignments

- Folders
- Class Participation
- Projects
- Worksheets
- Fact of the Week Record
- Tests and Quizzes

Questions?

- Feel free to email me at any time regarding your child's grades, behavior, or any concerns you may have!
 - yard@Freeport.k12.pa.us
- You can also reach me during the school day at 724-353-9577 ext. 4520