

Lincoln Academy Elementary PE Syllabus 2024-25

Welcome back Leopards! We want PE to be a fun, inviting experience for all students that gives you the tools to grow as individuals and in the team setting. Our goal is to focus on developing specific skills that will benefit you in all of the sports that we play and build on what you already know. To help make this goal a reality it is going to require us all to buy into the belief that we are one big team here at Lincoln! This syllabus will outline all of the expectations for PE class this year so that we can create a community that we can all be proud of! **This syllabus must be signed by the student AND their parent or guardian and turned in to participate in PE.** Please turn in the signed syllabus to either Mr. Martin or Mr. Terry.

Rules and Expectations:

- **Line Rules**
 - When traveling from one location to another we will walk in a single file line.
 - When walking through hallways there should be zero voices to respect other students and their learning.
 - The line should move at a quick, steady pace so that time is not wasted in transition.
- **Equipment Rules**
 - All equipment should only be used for its intended purpose.
 - All equipment needs to be respected and taken care of.
 - All equipment must be put away at the end of each class by the students.
- **Seating Arrangements**
 - All students will be seated in squad lines in the gym and out on the field.
 - Students should be facing forward and listening to instructions while sitting in their line.
- **Behavioral Expectations**
 - The speaker should be respected at all times whether a teacher or student is talking.
 - Coaching and encouraging other students is the only form of criticism allowed. Degrading classmates and vulgar language will not be tolerated.
 - Sitting out of games or activities without a valid excuse will not be allowed.
- **Non Negotiables**
 - ALL students should be treated with respect and care at all times.
 - Phones will not be allowed in PE at all. This includes headphones for listening to music.
 - **Students must be wearing tennis shoes to participate in PE. Boots, slides, slippers, etc. will not be allowed.**

There will be no tolerance for problematic behavior this year. Breaking any of the rules will result in consequences that will be determined by the severity of your actions. We want to ensure that all students feel safe and welcome here at Lincoln and that starts with creating an environment where we all feel respected.

Fitness Testing: We will have **SIX** fitness tests each trimester. The **Mile run, Pacer test,** and **Strength and Endurance test** will all be taken once at the beginning of the trimester and once at the end to measure your growth in PE. Each fitness test is based on elementary school norms across the nation and are modified for each grade level.

- **Mile Run**
 - The mile run will consist of four laps around the track in the fastest time that you can run.
- **Pacer Test**
 - The pacer test is run in the gym and requires that students run the length of the gym back and forth as many times as possible while keeping up with the audio cues.
- **Strength and Endurance Test**
 - The strength and endurance test measures student wellness through the push up and sit up assessments. Students will have one minute for each assessment to complete as many push ups and sit ups as possible.

There will be no minimum requirements for any of the fitness tests. You will be graded on your individual performance based on your effort. Your best effort will look different than other students' so keep that in mind.

Test Dates: TBD

- Mile Run:
- Pacer Test:
- Strength and Endurance:

Water Bottles and Restroom Breaks

We ask that all students bring a water bottle to PE everyday. When we are inside, two students at a time may leave the gym for restroom or water breaks with Mr. Martin's or Mr. Terry's permission. When outside, students must wait for an adult to walk them inside.

Sportsmanship Agreement

Sportsmanship is a crucial part of all sports. It helps ensure respect, honesty, and safety while competing. At Lincoln we believe that maintaining an environment that promotes good sportsmanship is a key part in developing students for the future. In your own words, describe what sportsmanship is in three or more sentences below.

I, (Student Name) _____ promise to model good sportsmanship at Lincoln Academy.

Parent Signature _____