

Welcome to Physical Education Class!

Our Philosophy

Physical fitness should be an integral part of every person's goal of achieving wellness. We teach students through movement activities, games, and other challenges each day. Our goal is to focus on increasing each student's physical, social, and emotional fitness, as well as teaching them how to take responsibility for these areas in their own lives. The following guidelines are intended to ensure that all students can participate and learn in a safe and enjoyable manner. If you have any questions or concerns, please contact your child's Physical Education teacher.

Standards

Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. Exhibits responsible personal and social behavior that respects self and others.

Standard 5. Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

Activities

Throughout the year, you'll get to participate in a variety of fun and exciting activities, including:

- Soccer
 - Basketball
 - Volleyball/Nukkum
 - No Man's Land
 - Fitness/Rockwall
 - Dance
 - Disc Golf
 - Team Handball
 - Cooperative Games
 - Kickball
 - Softball/Wiffle Ball
 - Capture the Flag
 - Yard Games
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Entering the Gym

- Go directly to your assigned spots and sit or stand quietly.
- Wait for instructions—no running or playing games like tag.

General Rules

1. **Respect:** Always show respect to teachers, classmates, and the equipment.
 2. **Hands to Yourself:** Keep your hands to yourself at all times.
 3. **Equipment:** Do not touch any equipment unless instructed to do so (e.g., pull-up bars, mats, basketballs).
 4. **No Food in the Gym:** The gym is a food-free zone.
 5. **No Jewelry:** Please remove all jewelry during class.
 6. **Attire:** Everyone must be properly dressed & participate in class everyday.
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General Class Attire

- **Athletic Sneakers:** For safety reasons, all students **MUST** wear laced or velcro-fastened athletic sneakers that provide proper support and cushioning. Slip-ons, platforms, CROCS, or other “fashion-type” sneakers are not permitted for participation.
 - **Appropriate Clothing:** Plan your clothing for Physical Education days, especially during fall and spring when outside activities are scheduled. Bring extra socks (especially for morning classes) and dress in layers. Sweatpants and sweatshirts are recommended for cooler weather.
 - **6-8 Change of Clothes:** You must change out of the clothes you wore to school to participate.
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Lockers

- **What to Keep in Your Locker:** Shorts, t-shirt, sweatshirt, sweatpants, deodorant, and sneakers.
 - **Lock Up:** Make sure your locker is locked at all times. Combinations should **NOT** be shared.
 - **Keep Phones Safe:** Do not leave phones out in the locker room, please lock them in your locker during class.
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Grading

Students are graded on a daily basis based on:

- **Preparedness:** Being ready for class with the proper attire and on time.
- **Participation:** Engaging in activities to the extent of your abilities.
- **Improvement:** Showing progress in physical skills over time.
- **Conduct:** Behaving in an appropriate and safe manner, including listening and following directions.

Get Ready for an Active and Fun Year!

We're looking forward to an amazing year of Physical Education. Remember to bring your best attitude, stay prepared, and most importantly, have fun!