

Physical Education

Every student is required, by law, to participate in physical education. If a student requires a special and/or adaptive physical education program, he/she should notify the guidance counselor and the physical education teacher as soon as possible. A note from the student's physician is also required when participating in a special and/or adaptive program.

In order to receive credit in physical education all students must be prepared and participate in class unless the student has a legal medical excuse. Illegal excuses include not having proper clothing to participate in class or an unexcused absence from class. Please remember, in order for your son/daughter to be evaluated properly and fairly they must participate in class. Please note that this is only for illegal excuses, not legal excuses such as absence from school, music lessons, field trips and/or class functions etc.

In grades 5-8, each student is given a lock/locker to store their clothes/sneakers in. Students are required to have proper footwear for physical education classes. This means that they must have sneakers. Please keep in mind that in order for your son/daughter to perform their best in class and for their own safety we are asking that they wear sneakers that fit properly and are secure on their feet (no sneakers that have laces that are not tightly secured or clog sneakers or sneakers that do not support the foot (for example: "Hey Dudes", crocs, etc.)

If a student must be excused from physical education class for less than a week due to minor injuries or upon returning to school following an illness, the student must deliver a note from the parent/guardian to the school nurse.

If a student must be excused from physical education class for more than a week, that student must deliver a note from his/her physician that describes the student's medical problem, to the school nurse. This note should also include any types of adaptive or modified activities the students can perform while on their medical excuse. When a student has fully recovered from their illness or injury, a written statement from the doctor is necessary to allow the student to once again participate in physical education class.

Physical Education Units (may add to this list)

Middle School

1. Soccer
2. Football (flag or 2 hand touch)
3. Basketball
4. Team Handball
5. Ping Pong
6. Pickleball
7. Wiffle Ball
8. Indoor Games
9. Cooperative Games
10. Lawn Games (Kan Jam/Spike Ball)

Elementary School (may add to this list)

1. Basketball
2. Scooter unit
3. Cooperative games
4. Indoor Games
5. Throwing/Catching (Overhand and Underhand)
6. Kicking
7. Scavenger Hunts (Hiking around campus)
8. Outdoors-sledding, tubing, etc.
9. Cooperative Games
10. Lawn Games (Kan Jam/Spike Ball)