

Rose Kolman

Physical Education

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Hello, I am Rose Kolman and I am the K-5 PE Teacher at TCS. I graduated from Western Illinois University with a BS in Physical Education and I have a Masters in Adaptive Physical Education from University of Illinois at Chicago. I have taught at Trinity for 24 years.

Objectives

In elementary PE, students will build upon skills and knowledge previously learned and will be introduced to new games and skills. Goals will include the following:

Kindergarten-1st Grade:

- Loco-Motor Skill Development
- Space Awareness, Directions, Pathways
- Eye/Hand Coordination Skills
- Social Skill Enhancement and Cooperative Team Building
- Fitness and Nutritional Education

2nd-3rd Grade:

- Use of Loco-Motor Skills In Game and Activity Situations
- Space Awareness, Directions, Pathways
- Eye/Hand Coordination Development and Refinement Introduction to Recreational Sports
- Development of Strategies Within Cooperative Team Games
- Introduction to Fitness Components

4th-5th Grade:

- Developing and Maintaining Personal Fitness Goal Development
- Advanced Skill Development Within Team and Recreational Sport Settings
- Lifetime Fitness Education
- Advanced Strategy Implementation with Cooperative Team Games and Activities
- Positive Social Skill Orientation and Self Esteem Within A Fitness and Sport Education Model

Catholic Identity:

- Class begins with prayer helping us to focus on working at our best and being respectful.
- Taking care of God's creation, our bodies, in a healthy way.

- Being kind and compassionate to all, realizing God created us differently with different talents.

Curriculum/Topics

Students will learn a variety of skills throughout the year. Low Organized games, which help develop skills, will be played throughout elementary school. 4th and 5th grade will play modified games to assist with skill development.

Grades

Students in grades K-5, will earn up to 10 points every class period. These points will be based on their effort and participation. Grades 4-5 will occasionally be given Skills Test where they will demonstrate correct form for skills that have been worked on. A make- up skills test will be given when a student returns from absence and is able to participate.

Students unable to participate due to illness or injury will be given an exempt grade for the daily activity.

Behavior Management

Students are expected to maintain appropriate behavior in the class. Inappropriate behavior may result in lower effort/participation grade due to students not focussing on skills and or disrupting others. If a student is being redirected multiple times during the class, parent contact will be made.

Supplies

Students need to bring a water bottle to class daily. Students should have gym shoes.

Communication

E-mail

The most effective way to reach me is through email. Parents should expect to receive a reply from me within 24 hours. kolmanr@trinityknights.org

PowerSchool

Parents are responsible for checking PowerSchool on a regular basis to monitor grades. Please let the teacher know if you have any questions or concerns. Questions regarding access to PowerSchool should be directed to the front office.

Conduct Grading Scale

Trinity Catholic School is committed to providing a high-quality Catholic education for all students in an atmosphere conducive to learning and teaching. Grounded in the teachings of the Gospels, we demonstrate our faith through our behavior and we take responsibility for our actions and their consequences. We maintain high expectations with respect to student effort, positive growth, personal responsibility, and respect.

Conduct grades are a separate evaluation from academic performance. They reflect a student's overall behavior and development as a citizen within the classroom environment. Consistent positive behavior contributes significantly to a strong learning environment for everyone. By striving to meet the character traits of "KNIGHTS," students can earn high conduct grades in each subject, while fostering a positive and respectful classroom community.

I show... **K**indness
I am... **N**urturing
I act with... **I**ntegrity
I show... **G**rit
I have... **H**ope
I show... **T**olerance
I show... **S**elf-Discipline

Teachers base conduct grades on a student's consistent behavior throughout the quarter, not just isolated incidents. They look for the following:

Conduct Grade-Citizenship in the Classroom	
Above Average Knight Behavior 1	● Is a positive role model, who leads quietly or outwardly ● Shows kindness and care for others ● Is always respectful of teachers and fellow students ● Works to improve the classroom atmosphere ● Takes an active part in class discussions, groups, etc. ● Is a self-starter and seeks to help others ● Completes all work to the best of their ability ● Demonstrates personal and academic integrity ● Respect classroom resources/tools ● Arrives on time and prepared to learn

Satisfactory Knight Behavior 2	● Contributes positively to class ● Shows respect for others ● Comes to class prepared and on time ● Demonstrates personal and academic integrity ● Listens and talks when appropriate ● Does what is expected ● Willing to help others ● Respect classroom resources/tools
Needs Improvement Knight Behavior 3	● Needs frequent reminders by the teacher to stay on task and/or behave appropriately ● Needs improvement in showing respect and kindness to classmates/teacher ● Sometimes comes to class unprepared and/or does not complete work ● Distracts other students' learning ● Occasionally displays a negative or uncooperative attitude ● Irresponsible with classroom resources/tools
Unsatisfactory Knight Behavior 4	● Is a disruptive influence on the class, negatively impacting the learning environment ● Shows a lack of respect for teacher/fellow students ● Is disrespectful or unkind to others, in actions or words ● Regularly comes to class unprepared and puts forth little effort ● Demonstrates a lack of personal and academic integrity ● Harms classroom resources/tools

In the event a student receives a 3 or 4 in Conduct and the behavior does not improve, a Parent/Teacher Conference may be scheduled, a Behavior Plan will be put in place, and the student may lose privileges. In the event that the behaviors don't improve over time, it may be decided that Trinity is not the best fit for that student.