

Physical Education
Term 1
Mr. Lawton / Ms. Vestal

Students attend PE once a week. Physical education provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviors for physical activity and physical fitness. Not only is Physical Education important for health, but it also improves academic performance, emotional well-being and helps students achieve success in life through goal setting, developing perseverance, learning to use teamwork and improving self-confidence.

The PE report card grades are based on students effort and participation, this consists of:

- Sportsmanship.
- Listening and following directions.
- Sitting in their designated squad spot correctly.
- Keeping hands and feet to yourself.
- Putting forth best effort in every activity, game or sport.
- Using equipment properly when appropriate.

	Cooperation/ Teamwork	Locomotor and Non-Locomotor Movements	Striking with Feet (soccer)	Invasion Games/ Fair play	Fitness Tests
K	X	X	X	X	Intro
1	X	X	X	X	Intro
2	X	X	X	X	X
3	X		X	X	X
4	X		X	X	X
5	X		X	X	X

If you have any questions you can reach me through email:
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Best,
Trent Lawton / Isabella Vestal (long-term sub)
Rainier Elementary, PE Teacher