



Physical Education 2018-2019

WELCOME BACK TO SCHOOL! ☺

Course Description: This course is designed to teach students the effective social and motor skills necessary to perform a variety of physical activities. Students will participate in physical activities that will enable them to become physically fit and maintain a physically active and healthy lifestyle.

Grading:

- **Exercise logs!** Students will be asked to fill out an exercise log in 3 week intervals. I will provide a blank copy of the exercise log on my website. These exercise logs are worth **30 points**. Students will be asked to **exercise 3 times (3 separate days) per week for 30 minutes each time**. They will have to **fill in their dates of exercise, type of exercises, time of exercises, and at least one heart rate check each week**. The type of exercise will have to be exercise for the purpose of getting fit. For example, sporting practice/games, walking, bicycling, running, Wii Fit, etc. Please let me know if you have any questions.
- Students receive **20 points** each day they come to PE. **IF they do not dress out, they lose 10 points. IF they do not participate they lose 10 points. If your child forgets his/her PE uniform, 10 box tops will allow them to gain their 10 points back.** However, box tops will not allow your child's grade to be increased by more than one letter grade. Box tops will not bring up their exercise log grade. **Students will not be allowed to call home for their PE uniform; this is one reason why I accept box tops** – We are all forgetful from time to time!

Class Expectations:

- Students must be dress-out in a SAS PE uniform and tennis shoes (a bag for clothing is recommended – put student's name in all clothing and bag).
- Students must be seated on their line, in order, by the end of the dress-out song or they will lose their dress out points for the day (10 points).
- Students must actively participate in **all** class activities.
- Students must listen while instructions are being given and follow all the rules.
- Students must not talk during stretches.
- Students must use appropriate language.
- Students must stay with the class in the designated PE area and not leave without teacher permission.

Participation Policy:

- All students are required to participate, unless there is a written excuse as to why he/she is unable to do so.
- After 3 consecutive parent notes, I will need a doctor's note for any further excuses.

Feel free to email me if you have any questions or concerns: kwilson@stalphonsusbr.org

I love music and I think music does a great job to get the children focused and energized. I will be using music to get the kids out of the locker room and throughout my lessons.