



# Physical Education 2018-19

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:**

- There will be approximately 4 **tests** throughout the year! Each test will be worth about **30 points**.
- **Exercise logs** will be checked every month. This is an exercise log that is continuous throughout the school year; it starts in August and ends in May – even through holidays such as Thanksgiving, Christmas, Mardi Gras, Easter, etc. A folder will be provided for each student. IF the student loses their folder, they are responsible for getting a new one. Each check, at the beginning of the month, is worth **30 points**. **Students must write in their dates of exercise, type of exercises, time of exercise, and at least one heart rate check each week.**
- 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. **The student will not be allowed to call home for forgotten PE uniforms, this is why I do the box tops.**
- Students will be evaluated during our **Wilson Assessment (old Presidential Fitness Challenge)**. The max points given will be 50/50. The least amount of points given will be a 40/50.

## **Class Expectations:**

- Students must arrive to the locker room before the tardy bell rings.
- Students must be dressed-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@stalphonusbr.org](mailto:kwilson@stalphonusbr.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.