



Dear Parents/Guardians,

Welcome to a new school year at St. Elizabeth Catholic School. This is my 7th year as the physical education teacher at St. Elizabeth and I am looking forward to another great year. I am going on my 4th year as Athletic Director here at St. Elizabeth.

My goal as the PE teacher is to help the students develop a positive attitude toward physical activity and healthy habits. Students are expected to participate to the best of their ability in a wide variety of activities, which will hopefully give them the confidence to pursue other competitive sports and activities.

Your child will have PE twice a week. Appropriate clothing and footwear is required. If the student is not dressed appropriately to participate in PE activities, points will be deducted from their daily dress out grade. The student is still required to participate in class if they forget their dress out clothes unless they are wearing non-appropriate gym attire. In this case, the student will sit out and write for the class period or will walk laps. Each class period the students receive participation and a dress out grade. Parents please note that this is your child's responsibility. It is my goal to instill accountability in the students, as this will contribute to their future success. If a student does not participate fully, points will be deducted as well. If a student refuses to participate, they will receive a 0 for the day and will have to walk laps for the entire period.

Attached are the class rules and expectations. After you have reviewed this with your child, please sign and return.

Please do not hesitate to contact me at any time should you have any questions or concerns. My email address is wcervenka@saintspride.com.

Thank you in advance for your support.

Sincerely,

Coach C

Physical Education Class Expectations 2016-2017

Expectations:

- The students come to class each day with a willingness to exercise and have fun while playing a variety of games and learning different motor skills.
- All students are expected to come in the gym in a quiet single line, quietly enter the locker rooms, dress out (if required), return to the gym to sit down on the assigned letter and number and wait quietly for further instructions.
- Students must not use or touch any equipment until they are given permission from the teacher. Failure to not follow the rule, will have consequences which could be laps or taking a time out when the game begins.
- Most importantly, I want the students to show respect for themselves, the teachers, and their peers at all times.

PE Uniform:

I expect all students, each class period, to come to class and dress out each class period unless otherwise stated in the handbook that your children does not have to dress out based on grade levels. Below is a brief statement of the dress out expectations. For more detail, please see the handbook which has a full explanation on the PE uniform.

- Grades K-1—are allowed to wear their school uniforms to gym and the girls are allowed to remove their jumpers to be in shorts.
- 2nd Grade— is required to wear their school uniforms to gym class until instructed by the teacher which happens after Christmas vacation. If the students can dress out earlier, the teacher will inform parents via email.
- Grades 3rd-8th—are required to wear the PE uniform every day that they attend gym from day 1 of school. They are allowed to wear the St. E PE uniform that can be purchased in the front office or may wear predominantly blue, red, or black shorts of appropriate length (see handbook for guidelines) along with any St. E tee shirt. There will be NO EXCEPTIONS. Blue, black, or red pants may be worn in the colder months if the students prefer them over shorts.
- The socks should be white crew socks and should be seen by the teacher. “No show” socks are not allowed. The shoes should be non-scuff tennis/athletic shoes. Any St. E sweatshirt or sweatpants will be permitted when weather appropriate, as long as the student has a St. E shirt under the sweatshirt. For more detail, please refer to the handbook.

Gym Rules

Each student:

- Is expected to participate each day that they have gym, unless they have a doctor’s note or an email from parents stating the reason for being excused from gym class.
- Is expected to come into the gym and show respect to everyone, not only to the teacher but his/her peers at all times.
- Most importantly, I want students to come to gym and have fun each day while exercising and keeping active, as much as possible, while they are in class.

If a student misbehaves in gym, they will be given a verbal warning; if a student continues to act out they will be given additional exercises and will lose points for the day. The student may resume participation once they choose to act accordingly. If a student repeatedly disrupts class, a parent will be notified. If the disruption continues, a meeting with the parent will be scheduled. The intermediate and middle school students will receive detentions, if necessary.

Grading Scale:

Participation/Dressing out:

- All students are expected to participate in class to the best of their ability. Students who fully participate can earn a 100 for that class period unless they have had a behavior issue during class.
- If they choose not to participate in the activity, for whatever reason, they will walk laps during the entire gym class without talking and receive a 70 for the day for their participation grade.

K-1—they will receive only a participation grade in PE. If they misbehave they will lose points and it will affect their conduct grades at the end of the quarter.

2-3—they will receive a participation grade and a dress out grade each class period. The dress out grade will result in an 85 if they are missing any part of their PE outfit.

4-5—they will receive the same two grades each class period. The dress out grade for these grades will be an 80 if they are missing any part of their PE outfit.

6-8—they will receive the same two grades each class period as stated above. The dress out grade for these grades will be a 70 if they are missing any part of their PE outfit.

All students will start the school year with a conduct grade of a G. The students' behavior will determine if their grade is higher, lower, or remains the same.

With all classes (K-8), I will be taking 10 points off daily participation grades if your child does not give 100% effort while exercising and participating in P.E. class. If your child is disruptive or misbehaving during class, they will also receive a deduction in points for the daily grade.

Emergency Situations:

Each student is expected to dress out every class period they have gym. If not dressed out, points will be deducted from the student's dress out grade. In the event of a severe injury, please provide a doctor's note to make the teacher aware of any exercises that the student is limited to perform. If acceptable, the student will walk laps for the PE class to ensure the physical activity for that class period. In the event the student is unable to perform exercises, a written assignment will be assigned to be completed and turned into the teacher at the end of class to be graded for the participation grade for the day. A parent note to the teacher might result in a loss of points for the day.

Additional Grades:

- Grades 5th-8th will be required to take the fitness gram and record their information each quarter on the Daily Fit Log Website at the school. (www.dailyfitlog.com) This will allow the students to track their progress throughout the year while trying to improve each test every time we do the fitnessgram. At the end of the year, the students will be given their scores for the entire year. Ideally, the students should be progressing as the year goes on.
- Students in grades 5th-8th will also be given tests on fitness material, exercises, muscles, bones, sports rules, etc.
- Grades 5th-8th will be required to do a reflection at the beginning, mid-way, and final during the school year. The beginning will be to set goals for the school year. The midway will be to reflect on the first half of the school year and to set new goals or to reflect on the goals set at the beginning and get back on track for the final reflection. The final reflection the student will evaluate the school year reflecting on their goals set at the beginning of the school year and revisited at the mid-way point of the year.
- Grades K-4th will be involved in the fitnessgram but the scores will not be recorded on the daily fit log website. The level of fitness will gradually increase the higher the grade level of your child.