

MCS PHYSICAL EDUCATION

Dear Parents/Guardians,

Welcome to our elementary physical education program. We are very pleased to have your child participating in our PE classes. Our program presents a variety of activities that teach fitness, basic skills, rhythms and dance, and sports that are appropriate for grades K-5.

A balance between fitness activities and skill teaching is maintained throughout the school year. We know that a well-planned PE program will result not only in physical fitness, but also in a more positive self-image, more desirable social behavior, and the joy of feeling healthy. Your child will also realize the positive impact good health has on life.

By following the safety standards, expectations, and class rules found below, your child will have an enjoyable PE experience.

To insure every student enrolled in the program acquires the maximum benefits under safe conditions, the rules listed below have been developed. District policy, for discipline procedures, will be followed to insure every student an equal chance to develop to his or her maximum potential.

CLASS RULES

1. Sit in assigned squads quietly
2. Follow directions
3. Keep hands, feet, and other objects to yourself
4. Proper care and use of equipment at all times
5. Wear appropriate footwear - sandals, hiking boots, and platform sneakers are not acceptable
7. Make-ups are required for excessive absences

REWARDS FOR EXCEPTIONAL BEHAVIOR, EFFORT, AND UNDERSTANDING

1. Awards
2. Prizes

SAFETY STANDARDS

All children participating in PE will need to wear sneakers with laces. This is very important so your child will have the proper support around his or her ankles for running activities. Any girl who wears a dress or skirt needs to wear a pair of shorts underneath.

These rules will be reviewed with the students in class. Please review them at home for reinforcement.

GRADING POLICY

The PE department grading system is based on district policy.

FITNESS TESTING

Fitness testing will occur throughout the year using *FITNESSGRAM*®.

FITNESSGRAM® was developed by The Cooper Institute in an effort to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment measures three components of health-related physical fitness that have been identified as important to overall health and function:

- aerobic capacity;
- body composition; and
- muscular strength, endurance, and flexibility.

FITNESSGRAM® helps you achieve your goals by applying easy-to-use technology to:

- conduct fair and accurate fitness assessments and easily record the results,
- set individualized goals for students,
- give students responsibility for managing and recording their own activities,
- create detailed reports of progress and results for students, parents, and administrators
- help students and parents understand the value of physical activity

MILE RUN/WALK

The mile run/walk will occur over several class periods in May; in preparation for this activity, students will be given the chance to gradually develop their aerobic capacity and endurance throughout the year. Any concerns should be listed in the bottom portion of this letter under the health information section.

HEALTH INFORMATION

If there are any concerns please complete this form and return to the PE department.

Student Name: _____

Teacher _____

Please list specific health conditions which may need to be brought to the attention of the PE teachers. Examples: Asthma, heart conditions, or any other chronic problems.

Parents/Guardians Name: _____

Home Phone: _____ Work Phone: _____

Conditions/Concerns: