

THE ELEMENTARY “HANDBOOK” FOR PHYSICAL EDUCATION

Dear Parents,

A part of your child’s daily instruction at ACA will be 30 minutes of physical education class. During this time, your child will participate in a variety of activities designed to fulfill the following goals:

1. Increase / maintain health – related fitness
2. Improve motor skill development
3. Increase knowledge of personal health – related fitness
4. Increase ability to develop a healthy lifestyle
5. Increase awareness of various games and activities through enjoyment with classmates.

DRESS CODE

In order to participate fully, your child should be dressed for moving. The students **MUST** wear **ATHLETIC SHOES** . (Boots, sandals, dress shoes, etc. are not acceptable for physical education activities.)

GIRLS need to wear shorts under jumpers or skirts. (Girls will sit out if they don’t have proper attire.)

RULES

We feel a quality physical education program is an important part of your child’s education. Please help us do this by reviewing the PE rules with your child. Help your child understand that PE is a class. Although we want the children to have fun, **SAFETY** is a top priority. We want each child to learn and grow as they interact in games, activities and fitness.

Class Rules

1. **BE SAFE**
2. **LISTEN TO INSTRUCTIONS AND FOLLOW THEM QUICKLY AND CAREFULLY.**
3. **BE HELPFUL AND POLITE TO OTHERS.**
4. **TAKE CARE OF EQUIPMENT.**
5. **WALK TO AND FROM CLASS IN A LINE – QUIET IN THE HALL**
6. **FOLLOW THE HAND SIGN**

DISCIPLINE

First offense: verbal warning

Second offense: verbal warning

Third offense: time out for remainder of PE class

If a child receives time out during the week, he/she will sit out of free play. All warnings will be recorded for a conduct grade each nine weeks. If your child is accumulating conduct warnings, we will inform you and ask for help to improve the situation.

EXCUSES

If your child is unable to participate in PE class due to illness or injury you need to send a note to excuse him/her from PE activities. Generally, if the child is well enough to attend school they are well enough to participate in physical education class. If a child needs to be excused, please include the following:

1. Date – Length of excuse
2. Child's name – Homeroom teacher
3. Reason for excuse
4. Any special request / information regarding illness or excuse
(Example - child can walk for activity – child is not allowed to do push ups due to shoulder problem)

A child that is excused from PE will also be excused (sitting out) of recess.

If a student is excused for more than 3 days, it must be a doctor's excuse.

PLEASE BE AWARE, FRIDAY FREE PLAY IS EARNED THROUGH PARTICIPATION DURING THE WEEKS ACTIVITIES AND GOOD BEHAVIOR!

Please feel free to contact us if you have any concerns. We want to work with you in helping your child grow through this part of their educational experience.

Sincerely,
Patti Turner
Physical Education Specialist

SPECIAL EVENTS SPONSORED BY PHYSICAL EDUCATION

Elementary night @ Football	TBA
Elementary night @ Basketball	TBA
Field Day	TBA