

Divine Peace 2006-2007
Physical Education Program
Instructor: Miss Leslie
Grades 3-8

Dear student and parents,

Please read and discuss the following information together. In so doing, I want you to understand my goals and expectations for the year. If you have any questions, please call me at home (301)627-5257 or school (301)350-4522. Please return the attachment to me by this Monday, August 28th. I look forward to a fun year!

Objectives

- To be aware that our body is a gift of God
- To understand the benefits of regular physical activity
- To learn and acquire new skills and abilities
- To learn and practice the Christian principles of conduct while participating in various activities that require cooperation and teamwork
- To realize that though God has blessed us with different abilities, we ALL use our bodies to glorify and praise God.

Rules & Regulations

- CLASS SCHEDULE:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Grades 6-8	Grades 3-5	Grades 6-8	Grades 3-5	No P.E.

- CLOTHING:

Please wear cotton/jersey shorts or running pants/sweats and solid cotton tee shirts that are suitable for the weather. Tank tops (sleeveless shirts) are not allowed. Children should also have a pair of white/non-streak soled shoes for use in the gymnasium. These shoes are to remain at school and are only to be worn indoors. A separate pair of tennis shoes for outdoor use is required. The children should be prepared with athletic attire for their Phy. Ed. days unless otherwise notified by Miss Leslie.

- Be dressed and ready for Phy. Ed. by 2:30 pm. Meet in the gym and begin stretching. **P.E. classes will begin on Monday, August 28th.**
- Bring a positive attitude to class- one that encourages and not discourages.
- No candy or gum is allowed.
- Girls may wear studded earrings, but all other jewelry, including watches, should be removed before class time. Perfumes and lotions are not to be put on before class.

Assessment

Each student will receive a standard letter grade (A,B,C...) based on the following qualities: The student displays a Christian attitude, is willing to try new things, maintains or improves his/her skills, attains an understanding of the activity or sport, tries his/her best, and encourages others.

Discipline

1. Warnings
2. Dismissed from class and teacher will speak with student and parents after school. The student may only return to class when he/she demonstrates a change in attitude.
3. With parental consent, the student may also have to complete some monitored, physical requirements. (running, walking, jump rope, sit-ups) This would be done after school, or when convenient for the teacher.

Plans for the year:

Our year has been organized into units that range over a three-four week time period. Our areas of focus are soccer, basketball, volleyball, flag football, gymnastics, dance/aerobics, kickball, track & field, and softball. Each class period will begin with stretching and a warm-up activity. In between each P.E. unit and after testing has been done, we will play a variety of organized games and activities that keep us in motion and involve cooperative teamwork!

Health Conditions

Parents, please share any health conditions your child may have so that he/she can be safely monitored. If he/she needs to take an inhaler with them to class, please make note of this. *If your child does not have any health concerns, please make note of this also.*

Parent Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____

