

RAWLINGS ELEMENTARY SCHOOL PHYSICAL EDUCATION EXPECTATIONS

Dear Parent or Guardian,

Your child will be participating in daily physical education (30 minutes) at Rawlings Elementary. By gaining early success in the basic physical skills and concepts, your child will feel better about their ability to participate in recreational activities; be more successful if they choose to compete in youth sports leagues, and find the intrinsic value of being physically active. In addition, they will be developing lifelong physical fitness habits. Their success in physical education impacts their success in school.

In physical education class this year, a child in **grades Pre-K through 2nd** will learn and continue to refine skills and concepts centered on the following themes:

- **Body Awareness** (body parts and body shapes)
- **Spatial Awareness** (moving through space by self and with others; moving in different directions; at different levels; and on different pathways)
- **Effort** (moving with variations in force, speed, and smoothness/control-“flow”)
- **Relationships** (with self and objects; to partners; to groups)
- **Locomotor Movements** (walk, run, hop, skip, jump, gallop, slide, leap)
- **Jumping and Landing** (with jump ropes, from different heights, for distance)
- **Rolling, Balancing, and Weight Transfer**
- **Chasing, Fleeing, Dodging** (skills used in tag and group games)
- **Throwing and Catching**
- **Kicking and Punting**
- **Volleying and Striking**
- **Fitness**
- **Cooperative activities**

The activities listed above are put into the contexts of appropriate games, dance and rhythms, and educational gymnastics. This will encourage success and learning for all students rather than winning and competition.

Activities for children in **grades 3rd through 5th** will focus on having students work on combining the basic skills and concepts listed above together into more advanced and dynamic activities. Once again, these are centered on games, dance and rhythms and educational gymnastics. This will encourage success and learning for all students, rather than winning and competition, as their focus.

Physical Education classes will be conducted on the courts, field and in the multi-purpose room. Weather conditions including the heat index are closely monitored. Activities are limited or moved into the multi-purpose room when the heat index reaches an uncomfortable level.

Physical Education Expectations

- Consider **safety** at all times
- **Responsibility** for personal behavior
- **Respect** rights and feelings of others
- Be an **active learner** with all activities
- Use equipment properly and as directed

Rewards for Good Behavior

- Positive reinforcement from teacher
- Positive recognition
- Earned Activity Day
- Leader or helper
- Rocket

Consequences for Misbehavior

- 1st Warning - Reminder to Stop and Think
- 2nd Warning - Time Out for 10 minutes
- 3rd Warning - Loss of Activity Day & Written Notification to Parent
- Refocus Report - Severe and/or repetitive misconduct
- Office Referral - Severe and/or repetitive misconduct
- Conduct grade on report card will reflect behavior

Illness Policy

If your child is sick or cannot participate in physical education, please write a note to the classroom teacher or physical education teacher. A doctor's note will be required if the child cannot participate for more than three days. **Please notify your child's physical education teacher directly if they have any physical or chronic health concerns that may limit their participation in P.E. class.**

Attire for Physical Education

Proper shoes are the most important item for physical education. Your child needs to wear **sneakers** or **rubber soled closed toe shoes without a raised heel**. Boots, dress shoes, and sandals are inappropriate for the type of activities your child will be doing in physical education. It is advisable for girls to wear shorts under dresses or skirts so they can feel comfortable participating in all the activities we have planned. In addition, please label all sweaters, coats and jackets.

If you have any questions during the year we can be reached at 547-7828.

Thank you,

Rawlings Physical Education Department
Mr. Haraminac, Mrs. Wiszowaty, Mrs. Kubek, and Mrs. Kanaris