**Welcome to Oakhurst Elementary Physical Education**

Your child will be participating in physical education (50 minutes) at Oakhurst Elementary three times a week. 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.

**PE General Information**

**Notes and Medical Excuses**

If a student is to be excused from Physical Education, a note is required from the parent/guardian. If the injury lasts for more than three days, a medical excuse needs to be obtained from a physician as well as a Release Form enabling the student to return.

**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.**

**Skills and Concepts**

In physical education class this year, a child in **grades 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 and activities.

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.

**Clothing, Shoes and Water Bottles**

Physical Education classes will be conducted on the courts and or PE Field. Students

must wear clothing that will allow for maximum participation during Physical Education. All PCSB school board policy must be adhered to. Spaghetti strap tank tops are not allowed as well as shorts must be worn underneath skirts. Closed toed/fully enclosed shoes must be worn during PE. No sandals, crocs, high heels, cleats, heelys or flip flops can be worn, or injury could occur. We encourage students to bring a labeled water bottle to PE. They must be used properly and only contain water in them.

**Grading Scale**

Students earn a skill and conduct grade in Physical Education each marking period.

**PE Grade:** We will individually assess your child on Physical Skills and

understanding of PE/Health Content. Students will earn a grade of E, V, S,

N, or U. Grades are generated from Teacher Observations and Student Participation,

**Conduct grade:** Students are responsible for their grade by participating and

following of the Mustang Way when out at PE. Students will again

earn a grade of E, V, S, N, or U.

\*\*A grade of N in either Skill or Conduct in PE will result in the student not attaining Principal’s List or Honor Roll for that specific marking period.

\*\*\*Please check Portal periodically throughout the marking period to check your child’s progress.

**PE Rules and Consequences**

To ensure a safe learning environment, we ask that the students not only follow the Mustang Way set forth in the student’s agenda, but also follow the PE Common Guidelines which mirror the Mustang Way while out at PE. These are the rules and the consequences.

**PE Rules**

1. Be respectful to your fellow classmates and teachers.
2. Be responsible for your own actions and decisions.
3. Be honest to your fellow classmates and teachers.
4. Use equipment properly and as directed.

**Consequences**

1. Reminder to stop and think.

2. Time-Out = Check.

3. Three checks or teacher discretion = note home or phone call to parent.

Note must be signed by parent to return to class

4. Office referral. I.E. Physical Aggression, Inappropriate Language.

\*\*A student with an Office Referral during PE will receive a grade of N or U in Behavior for that particular marking period.

**Accident Procedure**

Accidents do occasionally occur during PE from time to time. We will do our best to assess the degree of injury. If deemed necessary, students will be directed to the Nurse for evaluation. The Nurse will then treat an injury with ice, and/or a Band-Aid.

At that time a determination will be made to have an Accident Report filled out and a phone call to a parent or guardian will be made.

The PE Department is looking forward to a fun, healthy, safe and exciting school year!

If you have any questions or concerns during the school year, we can be reached at 727-588-6801.