

St. Joseph School
Physical Education
2009-2010



Welcome back to the new school year! Here is what you need to know about P.E.

Physical Education provides structured age appropriate physical activity through games and activities that encourage physical fitness, sportsmanship, cooperation/team work, and leadership skills. The importance of daily physical activity is stressed as a life skill and an important component to a healthy individual developing the mind, body and spirit.

P.E. Days: Please check with your student's teacher for P.E. days. 1st – 5th grades receive two thirty minute classes a week. Kindergarten and kindergarten enrichment classes receive one thirty minute P.E. class per week. The 6th, 7th, and 8th grades have P.E. daily.

Basic P.E. Rules:

- Be Safe
- Have fun
- Try your best (effort)
- Be a good sport (sportsmanship)

Proper Attire:

- Proper dress for class will be socks, tennis shoes and shorts under skirts for girls.
- If students are not dressed properly they will not be able to participate reflecting on their effort grade.

Attendance, Illness and Injuries:

- If a student is well enough to be in school they are considered well enough to participate in P.E.
- If a student is injured (or is recuperating from an illness) a parent may excuse their student for the day, prior to class. A student with a more serious injury requires a note from a doctor stating how long the student is expected to be excused from P.E. A note is also required for the student to resume participation.
- A student wearing a cast, brace, splint, boot etc that is rigid, may not participate in P.E. activities due to injury risk to other students.
- Unexcused absences and tardiness will be reflected on the student's effort grade.

Grading is on effort and sportsmanship. Students must be properly dressed, show effort and be a good sport.

Fitness Calendars start in October for the K through 5th grades. This is an optional activity where students record their physical activity on a calendar and return it at the end of each month. Students with 20 or more days of activity will be recognized. Please look to the school website and weekly E-news for complete directions and calendars.

Monday Fitness Madness for the middle school students will continue this year. This is not the most favorite day for the students but is necessary to improve our physical fitness.

I am looking forward to another great year.

Blessing,
Jane Hughes