

Robein Physical Education

The physical education program for Robein Grade School guides students in their development of physical skills, including growth in health and physical fitness. Components include muscular strength, endurance, flexibility, cardiovascular, agility, balance, coordination, rhythmic response, and locomotor skills. This program helps students to understand the concepts underlying these skills, to form proper safety habits, and to develop attitudes of cooperation, fair play, and sportsmanship.

During the year, students will gain the knowledge and attitudes to achieve healthful living throughout their lives while taking part in individual and team sports, leisure skills, and fitness assessments.

Program Objectives:

Students will be able to:

1. Develop and maintain a proper level of personal physical fitness.
2. Demonstrate the basic skills, techniques, strategies, and physical fitness necessary to participate in a variety of conditioning exercises, leisure skills, individual & team sports, and lifetime activities.
3. Develop a desirable self-concept and an effective self-image.
4. Practice proper personal hygiene on a daily basis.

Class Requirements:

1. Each student must come ready to participate, wearing proper PE attire. This includes their: PE shirt and shorts, socks, and gym shoes. Shoes laces must be visibly tied tight enough for shoes to stay on during activity. *(PE clothes should be taken home on Fridays to be washed.)* *(PE clothes should not be altered. Example: cutting sleeves off shirts)*
2. All jewelry (with the exception of small post earrings) should be removed before the teacher takes attendance. This includes friendship bracelets, hair ties on the wrist, ankle bracelets, watches, rings, and necklaces. It is advised to keep a small container in your PE bag to store your jewelry.
3. Students should be on time to their spots. Upon reaching a third tardy in one quarter, a student referral will be written.
4. Students are expected to participate in all activities to the best of his/her ability.

Illness / Injury

In the event that a student is ill or injured, he/she may be excused from P.E. for two days with a parent note. The note should include the date and an explanation to the nature of the injury. Injuries lasting longer than two days will require a doctor's note. (see student handbook)

1. Involvement in the daily activity
2. Demonstration of good sportsmanship by following the rules and treating others and the equipment with respect
3. Cooperation with instructors and peers

Students will not be allowed to participate in class without proper shoes, thus resulting in a dress cut and a loss of their daily points.

* 100 Minute Weekly Activity Log (25 points)

Instructions and due dates can be found on the activity log sheet or on the PE webpage:

* Written assignments may also be part of the P.E./Health grade.

Gym Procedures & Expectations:

Grades 5 – 8

P.E. Rules/Expectations

Listen and Do - When the teacher or your classmates are talking, you are not.

Hands off - Use equipment correctly, the equipment belongs to all of us - let's take care of it!

Be careful – Be safe so that you and others around you are safe

On Whistle/Freeze - stop; look at the teacher, mouth closed & eyes and ears open.

Respect - If someone in class is having trouble, HELP instead of laughing.

During the first month of school, I will frequently will review rules. Students are asked to tell what the rules are and what they mean. Rules may be included on two tests for 5-8 graders. When 5-8 graders violate the rules, they have a paper to fill out explaining which rule they broke, why the rule is important, and how they will avoid violating the rule in the future.

Always praise the students' good work as you help them at the beginning of the year, and during periodical "refresher courses" (i.e., after holidays, other breaks, etc.).

Preparation = Having your Jersey, Shorts, Gym Shoes, & Gym Bag with you at every class

Participation = Doing your best, having all the items for prep,

This year will be a little different from past years with students changing in the locker rooms. 8th graders will be first into the locker room on Monday & Friday. 5th graders will be first into the locker room on Wednesday. The class that is not changing first will wait on the bleachers until everyone is out. This doesn't not mean that you will take your time, you will have 5 minutes to change. We only have 50 minutes and if each class takes 5 minutes, that only leaves us with 40 minutes.

LOCKER ROOM EXPECTATIONS

ARRIVE ON TIME!!! You must be in the gym prior to the bell. If you are having difficulties making it to the gym on time, speak to Mr. Snell and arrangements will be discussed.

At no time will I grade students on skill! My commitment is to see that you engage in physical activities through sports, exercises, and games.

FAILURE TO FOLLOW RULES & PROCEDURES:

1. Warning
2. Sit Out w/ Assignment
3. Sit Out w/ Assignment and Letter Home.
4. Sit Out w/ Assignment and Phone Call Home.
5. Referral to Office.

K - 4

Students are expected to follow class rules and safety procedures during all activities. I have implemented a **3 strikes and you're out!** Policy. A student will receive 2 verbal warnings for inappropriate behavior and upon the 3rd violation, the student will be asked to sit out of the activity for 5 minutes. If the problem persists after time out, the student will be removed from the activity for the remainder of the class period. In the event that the negative behavior is of a violent or unsafe nature, I reserve the right to remove the student from the activity immediately.

3 STRIKES POLICY

1st Strike-Warning

2nd Strike- Student sits out of activity
for 5 minutes.

3rd Strike- Students sits out the whole
time in physical education class.

Behavioral Consequences:

1. Verbal warning
2. Removal from group/isolated from class
3. Phone call home
4. Disciplinary referral

*Consequences may be skipped depending on the severity of the incident.