

# Physical Education

## TK- 5th Grades

*Mrs. Hay*

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### Welcome

The purpose of this outline is to provide clear guidelines to enable student success in physical education. The overall goal is to promote positive attitudes towards an active lifestyle through fitness, motor development, game play and movement knowledge. Two key components of this program are for each student to actively participate and to show good sportsmanship. Ultimately, I want students to try their best, be kind and have fun.

### Curriculum

Activities include- cooperative games, skill games, fitness, social skills and basic motor development skills like (skipping, hopping, catching, kicking/throwing and balancing.)

### Grades

The grades will be a representation of the students' willingness to try/ participate and their sportsmanship. Grade format varies by grade level.

### Excused Non-Participation

- ★ With a parent note, a student may be excused for a maximum of TWO days. Please email me [lhay@newcastle.k12.ca.us](mailto:lhay@newcastle.k12.ca.us) the note by 8:00am of the 1st day. If email isn't possible then a written note must be dated and signed.
- ★ Student will be asked to walk the track at their own pace unless other directions/restrictions are given.
- ★ On the third day, a doctor's note is required.

### Student Dress

**Students are required to attend class dressed for active participation** (dresses/skirts are not recommended) **and it is mandatory that students wear athletic footwear every day they attend P.E. class.** For safety reasons it is suggest that long hair be pulled back. All electronic devices are to remain in the students' back-packs during class.

## **Rules**

**Be Respectful: Show respect for oneself, classmates, teacher and equipment.**

**Be Responsible:**

- ★ Be on time, ready to learn/participate, athletic shoes on.
- ★ All equipment must be accounted for before class is dismissed.

**Be Safe: Use equipment for its intended purpose, look out for one another while moving, warn others of stray balls...etc**

Consequences are as follows:

Verbal Warning

Exclusion of class activity (time-out, walking the track)

Loss of daily points and/or loss of merits

Teacher/Student conference

Referral to Principal & Parent contact

At Newcastle we are committed to provide a quality physical education experience for each and every Newcastle Student by ensuring a safe, non-threatening environment where everyone will have the opportunity for success.

Time to get moving  
Mrs. Hay