

# **EDINBROOK PHYSICAL EDUCATION**

**Learning to be Physically Active for a Lifetime**

**Mrs. Colburn-Mrs. Kozarek-Mr. Fritschel**



Dear Parents,

Welcome to another year of physical education at Edinbrook Elementary School! Students attend physical education every other day for 30 minutes in grades K-5. The primary objective of our physical education program is to have fun and learn through the enjoyment of movement. **Our mission is to inspire and prepare all students to lead a healthy lifestyle by providing a variety of opportunities which are designed to help children acquire the skills needed to make positive choices about a healthy, physically active way of life.** Each student will have the opportunity to develop skills at his/her own pace. Socialization and character education skills are taught through partner and group activities. Instruction in healthy lifestyles will be integrated into lessons on a daily basis. Children are expected to participate in all physical education activities. We are looking forward to a fun and exciting year of learning and moving! If you have any questions, please call your child's physical education specialist. Make sure to "like" the Edinbrook Facebook page for important dates and information about physical education activities.

**\*\*Students must wear appropriate tennis shoes or they will not be able to participate\*\***

## **Behavior Expectations**

- Listen quietly and follow all directions the first time
- Use equipment safely and as instructed
- Demonstrate good sportsmanship
- Dress appropriately, including wearing tennis shoes
- Participate in all activities to the best of abilities

## **Consequences**

- 1-Warning, verbal or non-verbal
- 2-Take a break/thinking time
- 3-Go to buddy classroom
- 4-Office referral

## **Medical Excuses:**

If a student is unable to participate, a note from a parent or guardian will excuse the child for three days. If the student needs to be inactive for more than three days, a doctor's note is required and must be seen by the school nurse and the physical education specialist.



# Physical Education Grading Information



Grades will be given for the following three standards in physical education:

- 1. DEMONSTRATE COMPETENCY IN MOTOR SKILLS**
- 2. DEMONSTRATE UNDERSTANDING OF COGNITIVE CONCEPTS**
- 3. ACHIEVE A HEALTHY LEVEL OF PHYSICAL FITNESS**

## **Demonstrate competency in motor skills**

- these are the motor skills tests your child takes in class
- examples: forward pass in football, dribbling and trapping a soccer ball etc...

## **Demonstrate understanding of cognitive concepts**

- these are the written tests taken during physical education
- examples: volleyball written test, softball written test, tennis written test
- written tests will be scored on up to 5 different benchmarks on each test: *safety, player positions, responsibilities and strategies, rules and etiquette, biomechanics, and fitness*

## **Achieve a healthy level of physical fitness**

- students are being graded on their fitness level
- the fitness tests being graded are: *push-ups, curl-ups, sit and reach, pacer run, and continuous movement*
- students are aware of what scores they need to be “at grade level” for each fitness test item

## **In the 3 standards above, your child will receive a score of 1, 2, 3, or 4.**

- 1-Does not meet grade level standards
- 2-Partially meets grade level standards
- 3-Meets grade level standards
- 4-Exceeds grade level standards

In addition to the three standards above, your child will receive three affective grades as well. They will be marked with an M, I, or D (meets, inconsistent, does not meet). The three affective grades reported will be:

**Respect** (works well with others, encourages others, controls behavior toward others, plays fairly, cares for equipment)

**Attention** (acts as a role model, stops on signal, sits still and listens, faces speaker)

**Participation** (follows directions, tries all activities, stays on task, answers questions, participates safely and independently)

## **Report Card Example:**

Name: Jon Smith

DEMONSTRATE COMPETENCY IN MOTOR SKILLS	3
DEMONSTRATE UNDERSTANDING OF COGNITIVE CONCEPTS	2
ACHIEVE A HEALTHY LEVEL OF PHYSICAL FITNESS	2

RESPECT	M
---------	---

ATTENTION	M
-----------	---

PARTICIPATION	I
---------------	---

Please contact your child’s physical education teacher if you have any questions!