



Crown Pointe Academy
Elementary Physical Education
Mr. Varner
2018-2019

Course Information:

This year in PE we will have a wonderful time, and truly make sure we all enjoy being active. Throughout the school year we will participate in a number of movement, athletic skill, natural skill, nutritional/health and fitness focused activities within a variety of units. Units are nine class periods. All grades have an individualized curriculum, with many common aspects within K-2 and 3-5 respectively. Every day we will warm-up, and then proceed with our unit activities. On certain unit days, activities are done in small groups. We will be including unstructured free time on certain unit days as well. This will provide the opportunity for students to develop important play related social skills in a supervised setting. Please keep up to date on all things PE, FISH, Mindful Movement and Open Gym activities with my blog at www.crownpointepe.blogspot.com

K-5 Rules/Expectations:

Be Prepared to Be...

1. SAFE

- No food or gum in the gym.
- Use equipment appropriately.
- Be aware of surroundings. Never throw, kick, or hit an object towards someone unless they are facing the object and paying attention. Be careful when near the walls.
- When the whistle is blown, stop movement, hold equipment, and listen.
- Using common sense and NO horsing around.

2. Responsible

- Always listen when needed and following directions as given.
- Line up appropriately.
- Use equipment correctly and put it away correctly when asked!
- Always have proper clothing and tennis shoes.
- Participate 100% at all times
- Keep a positive attitude.

3. Respectful

- Always respect yourself, your classmates, the teacher, the locker room, and the equipment.
 - Listen! Not talking while the teacher is talking. Not interrupting or preventing the teacher from continuing directions.
 - Play/participate fairly and honestly.
 - Use good Sportsmanship (positive playing, teamwork, talk and encouragement).
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Discipline Procedure:

The following discipline procedure will be used in response to violations of the expectations above. Pending the severity of the violation, a step may be skipped. *It is important to note that a student's behavior and participation directly affects the student's grade.*

Elementary grades K-5 will use a level system to determine behavior management and their P.E. grade. Students are expected to follow the three expectations above. Upon losing track of one of the three behavior expectations students will be given a warning. Continuing to ignore warnings/expectations will result in the student being sent to a specific task area away from the current activity and the student being moved down one or more levels. The student may be asked to return or may have to remain away from P.E. activities for the remainder of their class period. The task area does provide alternative activities. If a student is moved down more than one level in a single class period they will be subject to homeroom discipline procedures so that the behavior is reported to their parents/guardians. Severe unpreparedness or irresponsibility results in the homeroom teacher or administration taking the students out of class.

Shoes:

All students are required to have proper athletic shoes to participate in P.E. This may mean bringing athletic shoes and keeping them in the classroom until the P.E. period. Athletic shoes have a rubber sole (preferably at least a ½ inch thick for safety) and cover the heels, sides and top of the feet. Sandals, boots, dress shoes, backless shoes, and any shoe that has a distinguished raised heel will not allow participation. Shoes must also be tied and not slip off feet to permit participation. Shoes must also be listed here can result in various foot and/or ankle injuries when students participate in activity. Students without proper shoes will not participate for these safety reasons. This also directly affects the student's grade. Not participating drops the student's level. In such cases students will remain in a specific task area with an alternative activity to complete during class.

*Please pay attention
to your student's
Specials rotation to
know what days
they will have PE!
Every three school
days!*

Girls must also have shorts on under skirts, dresses and jumpers for P.E. class. Even when wearing tights or leggings. Skorts are acceptable.

Grading:

Students will be graded on a daily basis using the levels described above. Level 3 or Good Level represents a base grade of A- (90%) or S+. To get a higher grade a student can demonstrate Outstanding behavior and be moved to Level 4, an A/A+ (92-100%) or H. Level 2 or Reset Level ranges from B- to B+ (80-89%) or S. Level 1 or Unprepared Level ranges from C- to C+ (70-79%) or S-. Level 0 or Irresponsible Level ranges from F to D+ (0-59%) or N. Other grading factors could be short in class assignments or checklists, in class questioning, and practice guides. No homework will be given in PE, except the request that students stay active outside of school and always remember their tennis shoes!

Excuses from participation:

If, for any reason, the student needs to be excused from participating in PE please provide the school, the homeroom teacher, AND the PE teacher with a parent or physician note. Parents may also contact the school or me personally or by e-mail/phone. The school Health Aide may also excuse the students from PE for health reasons.

Thank you for reading these expectations for PE. Please don't hesitate to call or visit me in the Gym. I look forward to a great year!!! Stay active, sweat, and put on a smile☺

Thanks,

Mr. Varner

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