

# DC Coyotes K-6 Physical Education 22-23

## WELCOME TO P.E.!

HELLO! My name is Coach Ternes. I will have all K-6<sup>th</sup> grade PE classes at Diamond Canyon this year! This is the start of my 22<sup>nd</sup> year of teaching and my 6<sup>th</sup> at Diamond Canyon.

Specials will run on a 6-day rotation this year. Students will attend PE twice in 6 days. Please refer to the 6-day specials calendar on the school website for class days. **PE shoes will be required for the safety of all students.** PE shoes are athletic shoes that cover your toes and heel, have a flat sole with elastic, tie or Velcro to keep shoe in place.

Students that wear boots, flip flops, crocs, sandals, dress flats, boot, ect will not be able to participant in PE and may need to make up assignments for that class.

Depending on the weather and/or unit, class will be held outside, in the gym or in the PE classroom.

With your support & encouragement, I hope to introduce your child to the benefits of an active lifestyle through physical education. In addition to fitness & skill development, students will be given the opportunity to develop self-esteem while interacting socially with other students.

I am confident **EVERY** student will be able to succeed and will be encouraged to explore their limits without being pressured to perform beyond their personal capabilities.

In PE this year a wide variety of sports & other activities will be presented allowing students to discover their own favorites to continue throughout his or her life.

## LESSON FORMAT

**Warmup/Fitness Development:** (10-12 min) This portion of the lesson educates students about which exercises increase fitness levels. Students experience motivating routines coupled with safe exercises to achieve adequate levels of personal fitness.

**Lesson Focus:** (15-25 min) Movement and sports skills are taught & reinforced during this part of the class. Students often work with individual equipment allowing them to progress at their own rate.

**Closing Activity or Game:** (5-7 min) A fun activity/game that leaves students with positive feelings regarding their experience in P.E.

## CLASS/GYM RULES

1. RESPECT (fellow classmates, teachers and equipment).
2. Come to class prepared to work hard.
3. **Athletic shoes only! No sandals, boots, flip-flops, crocs, etc.**
4. Never Give up, always do your best!
5. HAVE FUN!

\*Girls if wearing a dress please be sure to have shorts on underneath.

\*Hats and water bottles are encouraged for OUTSIDE P.E. days

## GRADING

PE standards include participation, personal responsibility, accepting feedback, working with others, safety, as well as grade level appropriate skills.

Power school will show daily points as well as 2-5 standards accessed each 9 weeks based off a rubric.

**PE shoes are required each class for the safety of all students.**

## Medical Excuses

If a student needs to be excused from PE due to medical reasons, a note is required from a parent or doctor. A parent's note is only valid for up to **3** consecutive school days. After, a physician's note is required in order to excuse the student. Students may be required to complete alternate assignments for multiple missed days.