



Arrowhead Elementary School Physical Education



Hello and Welcome!

I would like to introduce to you my P.E. program here at Arrowhead Elementary School. Please read this program letter carefully and feel free to contact the P.E. department if you have any questions.



PHILOSOPHY

Physical Education has a unique contribution to make to the total educational environment through the development of physical, mental, emotional, and social skills. Our philosophy is to provide appropriate learning experiences through diversified activities-activity being the essence of physical education. These activities are arranged and planned based on the Arizona State Physical Education Standard so that every student can experience various degrees of success. Physical Education, here at Arrowhead, seeks to develop well-rounded individuals who are responsible, contributing citizens of today's society.



GRADING

Two separate grades will be used for Physical Education: an Individual Achievement grade and a Conduct/Citizenship grade. The Individual Achievement grade takes into consideration mastery of standards and skill development. Each day we grade for P.E., the student can earn a maximum of 5 points for their Individual Achievement grade. If the student cannot (because of inappropriate clothing/shoes) or will not participate, the student will lose points. Also, there may be times where knowledge testing will be used. That will also be point based and be included in the Individual Achievement grade. Excuses and Absences will not count against the grade of the student.

The Conduct/Citizenship grade is based on a combination of effort and behavior. It will entail such conduct areas as listens attentively, follows directions, follows school and class rules, displays appropriate class/playground behavior, functions as a group member, stays on task, respects authority, and respects the rights and property of others, and exhibits self-control.

Power School symbols to help you understand our grading is as follows (remember, will not count against the grade of the student):

"EX" = Excused, the student had an excuse.

"AB" = Absent, the student was absent from school, or was signed out, or was not present in my class for whatever reason like if they are in band.



GUM/CANDY/FOOD

In the interest of student safety, no gum, candy, or food will be allowed in P.E. class. Students will not chew gum on campus as per the Arrowhead Parent/Student Handbook.



SHOES

In the interest of student safety, appropriate shoes must be worn at all times. Bare feet are never acceptable. Closed shoes (which completely cover the toes and heels) are to be worn for any type of physical activity, such as physical education, etc. Students need to wear soft-soled, closed shoes (like tennis shoes/sneakers) on P.E. days. Whether the shoes tie, Velcro, zip, or slide on, they must be worn so they stay on the feet during activity. Socks are highly recommended for the good of the feet and because sometimes we do activities with our shoes off. Sandals, flip-flops, boots, crocs, platforms, Heelys with wheels in, and cleats are not permitted. Daily participation based on proper shoes will be at the discretion of the P.E. teacher.

CLOTHING



Proper clothing is essential for safety, participation, and individual achievement. Please have your student wear comfortable, functional, and per the school/district dress code clothing on P.E. days. Clothing which allows safe and unrestrictive movement is suggested. Girls should wear shorts underneath dresses or skirts. Skorts are fine. Please take into account weather conditions. Light colors that do not absorb the heat as fast are recommended. When it gets colder, we recommend sweats or pants, sweatshirts, and/or jackets. Daily participation based on proper clothing will be at the discretion of the P.E. teacher.

JEWELRY/ITEMS



Jewelry shall not be worn if it presents a safety hazard to self and/or others. Also, jewelry has a tendency to break or get lost during P.E. class. For the good of your jewelry, do not wear it on P.E. days or put it in a safe place in your classroom before coming to P.E. It will not be the responsibility of the P.E. teacher to watch or hold jewelry for students. Also, students are not to bring any items (like toys, cell phones, electronics, pencils/pens, markers, paper clips, cards, and etc.) to P.E.

WATER BOTTLES



Your student may bring a water bottle to P.E. class. No glass bottles are allowed. We also ask that the bottle be filled with water only. Juices, soda pop, Gatorade, and other drinks that can be sticky when spilled are not allowed. Please check your classroom teacher's water bottle policy to store the bottle until P.E. class.

EXCUSES



Students requesting to be excused from P.E. must bring a note signed by their parent to the Nurse. The Nurse will then write an "excused from P.E." pass for the student to take to P.E. Any request for an excuse for three or more PE classes must be accompanied by a Physician's written order. All injuries requiring any type of orthopedic support or device on campus must be reported with a medical excuse and cleared through the Health Center. Students with physical limitations should have your doctor give the nurse written guidelines, as well as the need for pre-medication needs before exercise.

CLASSROOM DISCIPLINE



For behaviors not conducive to P.E. class, a student can earn: 1. A warning 2. To be moved away from a situation or a time-out 3. A time-out for the rest of class with possible additional interventions such as a written warning, referral, and/or contact home. If any infraction of school or district rules occurs, those will be dealt with according to school or district guidelines.

CONTACT US



Please feel free to contact me at any time. My contact information is as follows:

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Thank you for all your assistance in helping make Arrowhead's Physical Education program a safe and successful one for everyone involved.

Keith Slater