

PE REQUIREMENTS

POSITIVE ATTITUDE / GOOD SPORTSMANSHIP

Having a positive attitude and good sportsmanship are a MUST in our PE class. This is not a school sport or professional athletics. This is PE where we have a good time learning about health, physical fitness, a variety of sports and games. Your skill level and ability does not matter. We like to have FUN and learn at the same time.

The Good Sport Code

I am a good sport and respect my classmates.

I give my 100% best and I will never give up.

Win or lose . . . I have fun and play hard.

I congratulate my opponent when they win.

I love to win, but I do not brag.

SHOES

Safety is our #1 priority in PE. For your own safety the expectation is that you wear appropriate shoes as it is extremely important for physical activity. Athletic tennis shoes are built to provide support to your foot and ankle during physical activity, and as a result they help reduce the risk of fractures and sprains. Please understand that the necessity of wearing proper shoes is 100% instruction and safety driven. A good idea might be to leave a pair of athletic shoes in your locker and change before coming to PE. It never hurts to have an extra pair of shoes at school.

CLOTHING

We will be outside the majority of the time. Please make sure you are wearing appropriate clothing for physical activity. This will help you stay cool in the crazy heat. However, if we do by chance get one of those rare cold fronts later in the year, dress warmly and make sure you bring a jacket to class. We will still be going outside in the activity demands it.

DOCTOR NOTES

We understand that students get sick or injured during the year. Please provide a note from a parent if a student needs to miss a day of PE. The note should be on a full sheet of paper with the student's first and last name, the reason for missing PE, the parent's signature and a phone number incase there is an issue that needs to be clarified. If the student went to the doctor, the note should be given to the school nurse and she will notify us in PE.