

Earhart Environmental Magnet

Physical Education with a Purpose

Dear Parents,

Welcome to a wonderful year of physical education at Earhart. We are excited about getting started and getting to know your child and teaching them through movement. We have a great year planned for your child in P.E. The elementary P.E. curriculum that we use is designed to give your child a wide variety of activities to be successful in. At Earhart we are adamant about putting your child's success first. Our curriculum is well rounded and offers several different opportunities to challenge your child to meet District, as well as National Physical Education Standards. Through quality teaching, your child will develop physical fitness, visual-tactile coordination, body management skills, rhythmic coordination, and specialized sports skills. My door is always open to you to come and visit so bring your sneakers and join in on learning through movement.

Lesson Format

Every PE Lesson is based on the following four-part lesson format

Introductory Activity

Prepares students for vigorous activity
Demands large muscle movement

Fitness Development Activity

Offers total fitness development
Based on principles of student chosen fitness level
Includes a variety of fitness routines
Minimum of 25% of total lesson spent here
Gives students fitness/health related knowledge

Lesson Focus

Instructional component of the lesson
Emphasizes skills, drills, and requisite lead-up activities

Game

Apply newly learned skills or close lesson with fun activity
Serves as a positive conclusion to the lesson

PE Rules

- 1. Freeze, Look , Listen**
- 2. Respect classmates and equipment.**
- 3. Hustle and say, "I can" or "I'll try."**

Our PE classes are movement centered!!! **Please make sure you child is wearing shoes that are appropriate for movement.** Sandals, dress shoes and boots are slick and sometimes can cause injury to your child. Review what days your child has PE to ensure appropriate dress.

Here are positive and negative consequences for choices made in our PE class

Consequences

Strike One- Warning
Strike Two- Time out (students choice on returning to class
Strike Three- Time-out (teachers choice and phone call home)

Rewards

Notes home
Feeling good about helping others
Praise and Recognition
Being healthy and feeling great

Randy McVay and Megan Westfahl
Earhart Environmental Physical Education
973-3279