



## **6<sup>th</sup> Grade PHYSICAL EDUCATION**



### **Class Objectives**

This class is designed to provide the necessary knowledge, skills and experiences to live a physically fit lifestyle. Students will learn the many benefits of physical activity while being introduced to a variety of activities, skills and exercises.

### **Class Expectations and Procedures**

On P.E. days students are required to wear non-marking tennis shoes for class, it is also a benefit to the student to wear a t-shirt and gym shorts/pants. No tank top or cut off shirts allowed. Clothing for class must follow the dress code and no other footwear other than tennis shoes will be allowed in P.E. class.

When students enter the gym they are required to start warming up by walking around the outside of the basketball court in the gym. This is also a time to use the restroom before roll call.

A safe environment is expected. Students are asked to be safe and refrain from horseplay. Bullying will NOT be tolerated.

In case of illness or injury, the student must have a written note from their doctor to be excused from active participation in physical education class. Students who cannot participate will be required to make up points each day by filling out a written worksheet/report.

If the student has a medical condition such as asthma the nurse must be informed and the parent/student is required to fill out a release form. It is helpful if the student lets his/her PE teacher know of any medical condition.

Discipline problems will be dealt with by the teacher. Repeated occurrences will result in a call to the parent/guardian and/or an office referral.

This is a participation class - you cannot pass the class if you do not participate! All students will be expected to wear tennis shoes. Participation includes dressing appropriately, respecting others, cooperation, listening and following instructions.

Students will earn 5 points per day for participation. If the student doesn't participate or have proper shoes in class they will lose their points. Students will be graded on written tests, participation and skills. We will explain grading to the students in class.

Please feel free to email or call if you have any questions regarding the requirements.

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I have received and understand the above information.

Students Name \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_