

5th/6th Grade

Physical Education at SEIS

Dear Students and Parents/Guardians:

South Eastern Intermediate School's Physical Education Department offers a quality physical education program to students in 5th/6th grade, along with health, each day. The program gives the students the opportunity to enjoy a variety of physical activities which are geared towards improving physical fitness levels, developing physical skills and allowing students to feel good about themselves.

Each student's success in physical education depends on cooperation, participation, and effort. It is important for students and parents to realize that physical education is not recess. Activities are taught and practiced with supervision and feedback. Students are assessed in both skills and rules to determine mastery. Regardless of athletic ability, a true effort, proper behavior, and a good attitude are expected in the physical education classroom.

Changing Clothes

Each student in 5th/6th grade is required to change into their uniform for activities and then **back into their school clothes** after class. The proper physical education uniform for 5th/ 6th graders consists of the following: **1.** T-shirt (gold RAMS t-shirt) **2.** Athletic Shorts (preferably blue) **3.** Socks **4.** Gym shoes (safe and appropriate athletic sneakers that stay on the foot when active, not "fashion" shoes such as Crocs, boots, flip-flops, or sandals.)

Each student is required to remove all jewelry before participating such as necklaces, rings, watches, earrings, and chains of any kind. Every student will be issued a lock and locker in the locker room to secure their belongings. Students are responsible for their lock and will have to pay a fee at the end of the year if they lose it. **Again, this year we are giving students the option to bring in a combination lock from home, if they choose, to use during the school year. The lock may not be a key entry and the combination must be given to the PE teacher at the beginning of use.**

****Please Read The Back ****

Grading

Each day of physical education, students are given 5 points. Points are deducted when a student does not fulfill the requirements in one or more of the following areas:

1. Attire: Students must change into appropriate clothing as well as remove all jewelry. The maximum points a student may earn daily is (3) in this category (1-shirt, 1- shorts, 1-sneakers)
2. Participation: A true effort, regardless of athletic ability, is expected in all activities. Proper behavior, a good attitude and teamwork are assessed here. The maximum points a student may earn is (2) in this category.

At the conclusion of a unit, students are assessed using a variety of tools. Written assignments, skills tests, oral questioning, etc. are designed to determine if students are comprehending material taught in class.

Excuses

The physical education department will honor a written excuse from a parent, school nurse, or doctor. **A formal doctor's note is required if a student is to be excused for more than a week.** A note is also needed to allow a student to re-enter PE class after an extended illness/injury. When a student is unable to participate in PE, for whatever reason, he or she will need to complete an assignment. An example would be to read a passage and complete a worksheet pertaining to the information or to write a summary of the lesson taught in class while listing some topics that were learned by the student. An assignment on the student's chrome book may be an option as well. This is to be done during class, not as homework.

If you have any questions at any time during the school year, please call Mrs. Miller (382-4851 ext. 3861 millere@sesd.k12.pa.us) or Mr. Shive (382-4851 ext. 3860 shivee@sesd.k12.pa.us) or Mr. Faulkner (382-4851 ext. 3106 faulknerp@sesd.k12.pa.us) and we will address your concern as soon as possible.

Please cut off and return the bottom part of this letter. Make sure to sign your name and have your child sign his or her name on the line provided.

Gold Rams T-shirts can be purchased by bringing \$5.00 to Mrs. Miller, Mr. Shive or Mr. Faulkner during the beginning of physical education classes. They can again be purchased throughout the year in the office at the same price.

We have read and are aware of the requirements in physical education for the 2018-2019 school year. If we have any questions we will call either Mrs. Miller, Mr. Shive or Mr. Faulkner for clarification.

STUDENT: _____

PARENT: _____