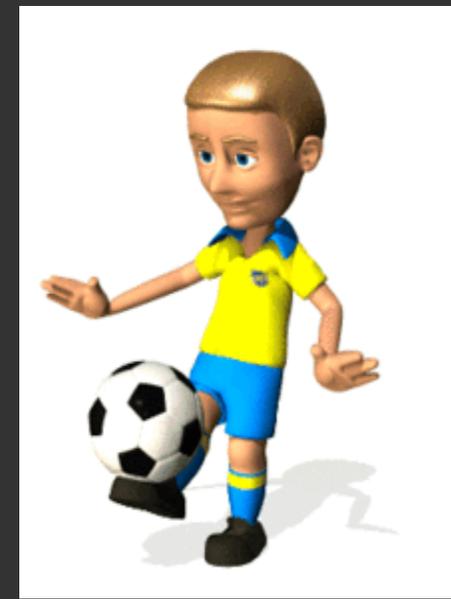


PE SCHEDULE



-WALK to gym QUIETLY from your classroom.

-When you get to the gym RUN your laps.

-After laps sit quietly in your designated squad line.(go to grade book)

-The longer you take to do this the less time we have for a activity.

-Listen for instructions on what exercises we are doing for the day.

-After exercises sit a wait quietly for instructions on the activity.

-Again the longer it takes to do this, less time for the games.

Who Knows What a Grade Is?

A grade is a number or a letter that you are given at the end of a nine weeks that tells your parents how well you did in PE. While in PE you are graded on 3 things.....

1. How well you can perform the skill that we are working on.
2. How well you follow the rules.
3. Whether or not you participate in the activity.

5-Great

4-Above Average

3-Average or about the same as everyone else

2-Below average or where you should be

1-Not good and needs a lot of improvement.

PE RULES

BE SAFE

BE NICE

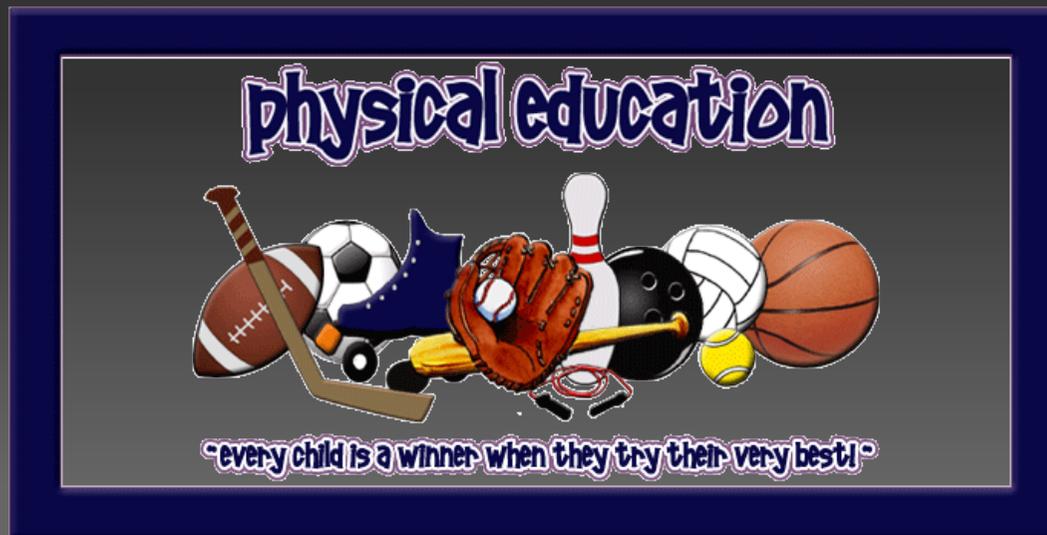
BE RESPECTFUL

FOLLOW DIRECTIONS

PLAY HARD

BE NICE

- Treat everyone in your class with respect.
- Hands and feet to yourself.
- Positive words only.
- Encouragement is LOVED



BE SAFE

-It is very important that everyone in this class remains safe while in PE. To do this you must follow the rules of the game.

-If it is going to put yourself or your classmates in any danger DON'T DO IT.

-Ex.-tag gently, throw at the feet, keep your stick low, hands and feet to yourself unless instructed otherwise.



BE RESPECTFUL

-Treat others the way that you would like to be treated!!!!

-Ways of showing respect to people-

-Being quiet while someone else is talking

-Looking at someone while they are talking

-Listening to all ideas even though you

might

have a different opinion

-If they ask you to stop, value their request and do it.

-Open all doors for your parents, teachers, girls.

-Saying please and thank you.



FOLLOW DIRECTIONS

If I am explaining how to play a game, I expect you to listen so we don't have to go over it several times.

-If I am talking you need to be listening. I will not explain if your not listening, which will waste your PE time.



PLAY HARD and PARTICIPATE

- While you are participating in the activities its a good idea to play as hard as you can and do your best.
- During PE students are required to participate in all activities. If you do participate it will reflect on your grade



WINNING AND LOSING

- As you continue to get older winning and losing becomes more important.
- Wanting to win is 100% OK
- Being upset that you lost is 100% OK
- Different people react differently to losing

LOSING

-Acceptable losing reactions

- Keeping to yourself and removing yourself from the activity for a moment.
- Staying positive and encouraging your teammates.
- Making sure that YOU do everything YOU can not to lose again.

-Unacceptable losing reactions

- Physical reactions towards classmates.
- Physical reactions towards school property.
- Using profanity
- Putting teammates or classmates down.

WINNING

-Acceptable winning reactions

- Cheering with your teammates.
- Using positive words with your teammates.
- Encouraging the other team.
- Put yourself in the other teams shoes...would you want to be hearing the other team cheer if you just lost?

-Unacceptable winning reactions

- Making the other team feel bad in anyway.
- Bragging to the other team about how good your team did. They do not want to hear about it.

MOST IMPORTANT THING!!!

HAVE FUN!!!!!!

-This is what PE is all about. I love to have fun but the things that we just went over have to happen before fun can happen.

-I look forward to a great year.

GO BLUEBIRDS!!!!