

PE

K-3

Mr. Biggs

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.
 - 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 us to do this, the less time for activities.

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.

Rules

-Be Nice

-Be Safe

-Play Hard

-Follow Directions

Be Nice!!!

-Treat others how you want to be treated. Do you like to be yelled at or kicked?

Try and be friends with everyone.

Be Safe!!!

It is very important that we all stay safe while in the gym. To do this we need to follow the rules of the games that we play. Some examples might be staying on lines during a tag game or tagging each other gently or lightly.

Play Hard

While in the gym we play many different types of games. When we play these games its a good thing to try your best at everything that we do. Even if you don't like the game or skill that we are doing everyone must try.

Follow Directions

It is important while Mr. Biggs is talking that you are listening so you can follow the directions of the game that we are playing. If your not listening then you won't know how to play the game which means you will have to stop playing a sit out while I explain it again.