



# Jackman Rd. Elementary Physical Education

## Welcome to the 17-18 school year

I would like to welcome you to Jackman Road Elementary's Physical Education class for the 2017-2018 school year. During the school year I try to keep you informed of what is happening in physical education via a Class Dojo and my website. This newsletter will give you some of the information you should know about when the students go to physical education class and what is expected of them. If you have any questions or comments, please feel free to call me at school.

Mr. Mike Huber

mikel.huber@bedford.k12.mi.us,

734-850-6630

<http://jrephysicaleducation.weebly.com>

@pehuber12 (twitter)

Because the gymnasium is used for other school activities, occasionally we may have to use classrooms or go outside. I will stay outside as long as the weather is cooperating. Last year, we were outside until the end of November.

*People often get physical education and recess confused, although both are very important. Physical education is a structured learning environment with goals and objectives to be accomplished. Recess is a time for children to play, be imaginative, and to improve their social and cognitive skills. Physical Education is not 45 minutes of recess.*



## Expectations in physical education class?

Each person entering physical education class is responsible for his/her own words, actions and behavior. Safety is always a concern of mine.

Playing safe creates a positive learning environment. Listening and following directions will reduce time-outs and injuries. Clothing: It is best that comfortable clothes be worn for better mobility. Girls, please refrain from wearing dresses.

Tennis or gym shoes work best for physical education class. Please no jewelry, hard soled shoes, or snow boots.

## Doctor and Parent Notes

Notes from the doctor will be honored. Notes from parents will also be honored. I will ask your child to participate to the best of his/her ability.

## Asthma

*If your son or daughter has asthma, please make sure it is noted on the emergency card. We will be physically active during physical education class. Please make sure that we have medication here at school in the event of an asthma.*

### Young 5's Kindergarten, 1st and 2nd Graders

Students at this level will work on a variety of skills to help improve eye-hand coordination, eye-foot coordination, loco-motor skills and physical fitness. Activities may include movement education, station work, socialization games and games incorporated with classroom subjects.



### 4th and 5th Graders

Possible activities may include soccer, basketball, volleyball, floor hockey, small and large group work, jump rope, and physical fitness. Within each of these activities skill development is our focus. The elementary level is the base for district wide physical education. My goal is to prepare them for the next level.

### GRADES

Students will earn their grades through conduct and participation. Conduct is defined as following directions, sportsmanship behavior, and demonstrating social skills. Participation is defined as skill development, participation and cooperation. These two grades are earned from the time they enter class until they leave.

### 3rd Graders

This grade level will be introduced to various games such as soccer, basketball, floor hockey, as well as physical fitness. Skills associated with these various sports will be introduced along with lead up activities.



Physical education classes are 45 minutes. The students come to the gymnasium every 3 or 4 days depending on their grade level.