



August 2019

WELCOME!

Welcome to another school year! What is elementary Physical Education all about? Increasingly, it is about wellness and fitness. The following are the major areas I focus on:

Movement Concepts:

Grades K-2: awareness of space, the variety of ways we travel (such as running, skipping, hopping), changes of directions and speeds, and different ways to balance, jump and land.

Grades 3-8: these skills are used in defensive and offensive game situations.

Skill Themes:

Grades K-2: motor skills such as throwing, kicking, dribbling, volleying and striking with rackets and bats.

Grades 3-8: games, sports and fitness. Wellness Concepts. The importance of living a healthy and active lifestyle. Students will participate in fun, total body activities which target development of strength, endurance, flexibility and balance.

Injury or Illness

If your child has a doctor's note restricting P.E., please send us a copy of the note.

Grading

The majority of your child's P.E. grade is based upon participation. Your child does not have to be the best at every sport or any sport, just as long as they are trying their hardest to improve.

Class Expectations and Behavior:

Physical Education is an important part of your child's overall development. To help maintain a safe and secure environment, it is necessary that children follow these guidelines for behavior.

- Respect other students' personal space
- Follow directions the first time given
- Listen, without talking, to the teacher and to each other
- Follow the Golden Rule (treat other people the way you want them to treat you)

Appropriate shoes for class



Every Monday, Tuesday, Thursday, and Friday your child will have PE. Please send your child with appropriate shoes. Dress shoes and boots put your child at a greater risk of injury.

What is next? AUGUST

We will be reviewing classroom procedures and starting our collaborative game unit.

Contact information

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