

## Our Lady of Grace Junior High Physical Education 2018-2019

Teacher: Andrea Fisher

Parents and students are asked to read the following PE guidelines as to have a clear understanding of what is expected and the responsibilities that need to be met during this school year.

**Objective:** To promote the importance of physical activity and provide a fun and healthy atmosphere while learning and participating in many different games and sports.

**Grading:** Your child's PE grade will be based on a point system. He/she can attain 5 point per session. Every time we meet as a class, students will be generally graded in 5 areas: attendance, attire, participation, running activity and behavior.

**Note:** *Running activity may be altered on any given day that running is not possible.*

**Attendance:** Students are expected to attend class regularly and take part in all class activities. Students are expected to be on time for PE class. Poor attendance and tardiness should be avoided so your son/daughter can attain an effective learning experience.

**Attire:** Students are required to wear the OLG PE uniform. The PE uniform consists of the blue athletic OLG shorts, grey PE T-shirt and a pair of sturdy athletic shoes. Every class takes place on the blacktop so for safety reasons it's very important that each student wears a **sturdy, supportive pair of athletic shoes**.

**(NO VANS)** Athletic shoes may only be white, black or gray. Socks may be white, black or navy blue -. School sweatpants may be worn. A brimmed hat may also be worn during PE on sunny days. Girls are **required** to wear their hair back out of their face in a ponytail on PE days. Please have your son/daughter dress appropriately on PE days.

**Participation:** Students are expected to:

- \***Be actively engaged in whatever activity is presented to them.**
- \***Cooperate with peers and adhere to the directions from the teacher.**
- \***Positively communicate with each other, during and after activities.**
- \***Encourage and help other peers to enhance learning and achievement.**

**Running Activity:** When weather permits, Jr. High PE classes will run laps after warm up. Students are expected to participate and try their best in the days running activity.

**Note:** *I am aware that some students have health issues such as respiratory ailments. I will gladly take that issue into consideration when grading.*

**Behavior:** It is imperative that your child displays proper behavior during class so that every student has the opportunity to learn. I want to limit disruptions and distractions as much as possible since class is located outside the majority of the time. Excessive talking, not listening to directions, disruptive behavior and inappropriate language will not be tolerated. Students will avoid any display of negative behavior that will hinder learning development. Students will be urged to listen appropriately to cues and work well with others. I expect good sportsmanship always and show of respect to each other, faculty and staff.

**Injury issues:** A note from the parent/guardian is needed if your child is to miss a class due to injury or illness. If several classes are to be missed for medical reasons, a doctor's note is required. If your child sits out of a PE class due to illness without a note on a particular day, a note must be brought in to Coach Fisher the following day.

**Grading Scale:** The grading scale will follow the school grading scale located in the student-parent handbook. Please be mindful on how the daily breakdown of points translate to the school's grading scale.

Thank you very much for taking the time to read through this year's PE guidelines. I look forward to working with your children this year. If you have any questions or concerns, please feel free to contact me.

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