

OLG 3rd - 5th Grade Physical Education

Teacher: Andrea Fisher

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.

Every class takes place on the blacktop so for safety reasons it's very important that each child has on a **sturdy pair of athletic shoes. (NO VANS.)** Athletic shoes may only be white, black or gray. Socks may be white, black or navy blue. The children are **required** to wear the OLG PE uniform. The PE uniform consists of the blue OLG athletic shorts, grey PE T-shirt and a supportive pair of athletic shoes. School sweats may be worn on cold days.

A brimmed hat may also be worn for PE on sunny days. Girls with long hair should wear hair back in a ponytail for class.

Grading will be based on whether or not the children come to class to participate (e.g. correct PE uniform), attitude/behavior and effort. The children are not expected to excel at each activity but they are expected to participate in and **try** each activity. This includes beginning warm up and running activities.

A **note** from the parent/guardian is needed if your child is to miss a class due to illness or injury. If several classes are to be missed for medical reasons, a doctor's note is required.

I look forward to working with your children this year. If you have any questions or concerns, please contact to me.

818-344-4126 ext.#333 or afisher@ourladyofgrace.co

3rd grade PE – Tuesdays (3rd grade students will wear their PE uniform to school)

4th grade PE – Mondays (4th grade students will wear their PE uniform to school)

& Wednesdays (4th grade students will wear their dress uniform for PE, no changing required)

5th grade PE – Wednesdays (5th grade students will wear their dress uniform to school and change into their PE uniform during either recess or lunch)

BE A GOOD LISTENER

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FOLLOW DIRECTIONS

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GOOD SPORTSMANSHIP

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USE EQUIPMENT CORRECTLY

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ALWAYS TRY YOUR BEST

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HAVE FUN!!