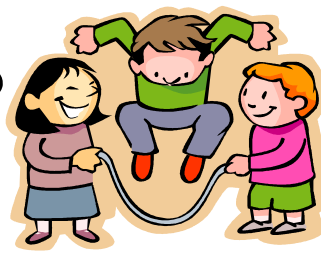
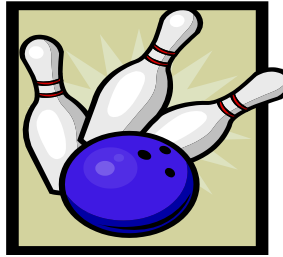


Welcome to Lawhon Elementary Physical Education Fitnews 2021-22



Welcome students and parents to Physical Education 2021-22 at Lawhon Elementary with Coach J. (Jaramillo) and Coach Graham. Physical Education is an integral part of a quality education. Regular physical activity leads to a healthy and vital individual who performs better physically, cognitively, and socially.

Mission Statement: We strive to develop student's sportsmanship, motivation, self-worth, and healthy lifestyle choices while they are young; giving students the tools to continue a healthy and active life as they grow into adults.

Activities/Skills:

- *Volleyball
- *Baseball
- *Gymnastics
- *Jump Rope/Bands
- *Soccer
- *Track and Field
- *Football
- *Kickball
- *Basketball
- *Rhythmic Movement
- *Hockey
- *CrossFit
- *Tennis
- *Horseshoes

***Some sports maybe modified due to pandemic**

Health Topics:

- *Skeletal System
- *Muscular System
- *Circulatory System
- *Nutrition
- *Great American Smoke-Out
- *5 Senses
- *Sun Safety and Bike Safety

Dress for P.E. Days: Safety and full participation are crucial to the success of Physical Education. Improper shoes and clothing may cause accidents as well as a lack of participation. Please encourage your child to wear appropriate clothes and shoes to P.E. Girls must wear shorts or leggings underneath dresses and skirts. Shoes should be closed toe and nothing with a heel. Sandals, boots, and heels are not suitable for the activities we do in PE. ***At this time, all students are encouraged to wear mask inside the gym and outside they may take it off.**

Illness/Injury: If your child is injured or ill, they **MUST** bring a parent note or doctor's note to excuse them from participation. After 3 consecutive school days of non-participation from a parent's note, a doctor's note is required. ***Students will bring their own library book, or make up work, or may draw what they others are learning in PE.**



Lawhon Elementary Physical Education Expectations

***Be Respectful**

I will be kind to myself, others, property, and equipment.

I will raise my hand and wait to be called on.

***Be Responsible**

I will enter the gym appropriately and sit at my Fitness Spot.

I will participate and try my best in ALL PE activities.

***Be Safe**

I will keep my hands and feet to myself.

I will follow ALL procedures and transitions.

Consequences

1. Verbal Warning
2. Reset: Short time to reflect on behavior in a designated area then may return to physical activity/lesson.
3. Removed from activity for remainder of P.E., alternate assignment, and a conduct mark sent home.
4. Major Violation: Phone Call Conference and Office Referral.

Grades: Pre-K, Kinder-4th * (3rd & 4th Grade are assigned number grades)

*Grades are based on participation, effort, sportsmanship, cooperation, and skills

Satisfactory - 0-2 notes sent home (75.0 to 100)

Needs Improvement - 3 Notes (69.5 to 74.49)

Unsatisfactory - 4 or more notes and/or office referral (0- 69.49)

**On the 3rd Conduct Note given a conference call will be made.

Rewards

1. Verbal Praises (Great Job! Awesome! Congrats!)
2. Stickers/Praise Notes/PBIS affirmations
3. "Go Tickets"
4. A trip to the "Go Box" (treasure box)

