

FitnessFirst

What's happening in P.E.?

The school year is off to great start! Many of our physical education classes have been working on movement, soccer skills, and flag football skills. As the weather gets cooler and wetter, students will not be allowed to wear their "home" shoes in the gym if they are muddy or wet! For the safety of our students it is **very important** that students have appropriate shoes for physical education class. I do not allow muddy shoes, flip-flops, crocs or sandals. Gym shoes do not have to be brand new; a clean older pair of shoes will work just fine. Without the proper footwear, the student will have to sit out and miss the activities planned for that class period.

During the month of September, the primary students (K-2) will be working on large motor movement, hand-eye and foot-eye coordination skills and activities. We work on locomotor skills such as hopping, skipping, galloping, and running while using the correct technique as well as stopping and starting with body control. K-1 will also work on locomotor skills, tagging games, as well as directionality. Second grade classes will work on soccer skills such as dribbling, passing, and punting. Kindergartners also learn about classroom rules, safety in the gym, and working cooperatively with our friends.

The intermediate grades (3-5) start the year with learning the basic skills needed to play flag football. Third through fifth graders will work on improving their skills - throwing a spiral, receiving, punting, kicking off a tee, and offense/defense. Many lead-up games and activities will be played that incorporate these skills.

All students have learned or reviewed the Behavior Plan that is used in Physical Education class. It is a 3 strike plan; strike 1 is a warning to think about changing behavior or making a better choice, etc.; strike 2 is a time out because changes have not happened; strike 3 is out of Phy. Ed. for the rest of the class time as well as an email or call home to parents. A poster similar to this one hangs in the gym so the students are well aware of the behavior plan.

If you have any questions or concerns, please feel free to contact me at stencel@waukesha.k12.wi.us or at 262-970-2064.

Behavior Plan

Strike 1: Warning - making poor choices such as talking when you should be listening, bothering others, unsafe choices, not following directions.
*This is a REMINDER to MAKE A BETTER CHOICE!

Strike 2: Second warning because poor behavior choices are continuing = Time out away from group
*Think about how your behavior can be 'fixed' check back in with teacher.
*Possible name on the board.

Strike 3: Removed from activity for the remainder of gym class.
• Possible call home
• Possible e-mail to home
• What needs to happen for the next gym class?

Behavioral Goals: real, straightforward, accurate, open, factual, genuine