



ELEMENTARY PHYSICAL EDUCATION (EPE)

Fall 2009

Dear Parents of Grades 4-6 Students,

Physical education specialists are assigned to school sites to teach each upper-grade class for 50-minutes once a week. Two classes are taught at one time with the assistance of an instructional aide. The physical education program emphasizes basic skills, physical fitness, cooperative skills, movement concepts, and a healthy lifestyle. The physical education specialists want to take this opportunity to inform you and your child of the following program expectations:

Student Expectations

Treat others with respect, try your best, listen when directions are being given, take care of the equipment, & hands and feet to yourself.

Appropriate Clothing for Physical Education

- Tennis shoes need to be tied tight with socks. High platform shoes are unacceptable.
- Don't wear your best clothes on your physical education day. You will get dirty.
- Girls wearing dresses need to wear shorts underneath.
- No jewelry, cell phones, food or toys of any kind should be brought to EPE.

Illnesses and Injuries

- If your child is sick or injured, please send a note stating how long he/she is to be excused from activity. **Make sure you include the teacher's name on the note.**
- Students who are excused need to make sure the physical education teacher receives the note.
- Those who are unable to participate will be given an alternative written assignment to complete outdoors.

Prior Medical Conditions

- If your child has a medical condition that may limit physical activity, please notify the physical education specialist in writing stating the condition and limitations.
- Students are encouraged to keep an inhaler or medication in the office so they can participate.

Report Card Grades

- Grades are based on effort, sportsmanship, and fitness test scores.
- Students can earn an outstanding, satisfactory, or need to improve in physical education.
- 50% of the report card grade comes from the physical education specialist and the other 50% comes from the classroom teacher's observations from their physical activities.

Fitness Testing

- Students are fitness tested 3 times a year. The fitness test measures muscular strength & endurance, cardiorespiratory endurance, agility, and flexibility.

Thank you for your support. Feel free to contact us if you have any questions or concerns.

Mark Owen, Dawn Marshburn, Jennifer Garbick, Sarah Farnworth
P.E. Office 909-985-3488



Elementary PE Guidelines

Your child's PE day is on _____



WATER ONLY

Students should bring only water to PE. **Do not freeze the bottles** and make sure the bottles have the student's name on them.

Please do not bring sport drinks (up to 14% sugar per gram) and especially Energy Drinks (up to 70% sugar per gram). Should they spill on the blacktop they leave a sticky mess.



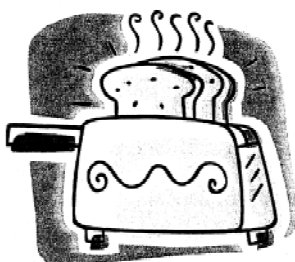
PROPER SHOES

Students should wear a running shoe, a fitness shoe or a cross training shoe. **Please do not wear a slip-on shoe.** They tend to fly off the feet and do not provide proper support for various EPE exercises.



WEAR ATHLETIC CLOTHES

Students will get dirty with blacktop grime, grass stains and dirt during PE. Wearing nice clothes prevents the student from wanting to fully participate in PE. **NO SKIRTS, NYLONS, or JEWELRY** should be worn to PE. **HATS are allowed** – especially on hot days.



EAT A HEALTHY BREAKFAST

At times PE can be physically grueling. Make sure your child has had a good breakfast on PE days. A good breakfast consists of grains and fruit such as oatmeal, an apple or banana, pancakes, etc.

AVOID HIGH SUGAR FOODS. Pop tarts and cereals high in sugar will actually cause students to lose energy during PE.



WRITE A NOTE IF SICK or INJURED

A student must have a note from home to be excused from EPE. The note must include the following:

Date, student's name, teacher's name, date the student can return to EPE and a contact number.