

# WELCOME TO 6<sup>TH</sup> GRADE PHYSICAL EDUCATION

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## OVERVIEW:

Physical education is a vital component for the development of a student's physical, mental and social well-being. 6th grade students, through planned activities, will have the opportunity for physical development in the areas of strength, flexibility, coordination, endurance, balance, agility, range of motion, and power. The students will participate in developmental activities, non-traditional games, sports, and rhythms. This program will allow students the opportunity to develop individual skills and be introduced to new, enjoyable experiences for life-long physical fitness and well-being. Classes will stress the importance of student participation and sportsmanship while learning and performing various skills.

## Grading:

\*The following areas will each account towards 50% of your physical education summative grade:

**Test/Quiz** – Students will be given exams to test their learned knowledge and skill level over the activity.

**Reflection Assessments** – Students may be asked to write about what they learned and how they felt the activity went for them.

\*The following areas will each account towards 50% of your physical education formative grade:

**Participation (2pts)** – Students must be physically active in class and complete any required activities.

**Preparedness (2pt)** – Students are to change clothes for class and be on time.

Athletic shoes, athletic shorts , and a t-shirt are required.

**Citizenship (2pt)** – Students should demonstrate good sportsmanship, positive leadership qualities, have a positive attitude, and be respectful and cooperative.

**FITNESS TESTING:** Students will be assessed twice a year in the area of-

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1-Cardiovascular Endurance (1 mile run)

2-Muscular Strength/Endurance (1 minute sit-ups, 1 minute push-ups, flexed arm hang)

3-Flexibility (sit and reach)

**Fitness Testing** is a personal aspect of **PE**; it allows students to better understand their physical strengths and areas of growth while setting **goals** to become healthier and stronger.

**Excuses from Physical Education due to injury or illness** : bring a note from home or the nurse. A doctor's excuse requires a follow-up written permission slip to resume physical activities.

**Days Absent or Not Participating Due to Injury:** If a student is absent from PE or is not able to participate due to an injury for more than two days, an alternative curriculum will be assigned for the student to earn the daily points.

**Paddle locks:** Students will be required to use school issued paddle locks on their PE locker. The school is not responsible for lost or stolen items. If the paddle lock is misplaced, there is a \$10 replacement fee. This will be charge to the child's school account or they may pay the teacher.

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I have read the above information and I understand the expectations in Physical Education 6.

**Student Signature**\_\_\_\_\_ **Class Period**\_\_\_\_\_

**Parent/Guardian  
Signature**\_\_\_\_\_