



Orange Elementary

Physical Education-Ms. Raymond

WELCOME BACK!

Ms. Raymond's Physical Education Mission—

to educate all students on how to be healthy individuals through movement and motivate him/her to set goals, participate, and appreciate a lifetime of physical activity.

Trimester 1 Units:

Grades K-2:

Introduction/Protocols
 Locomotor Skills in Games
 Dribbling, Trapping, Kicking Technique
 Tossing, Throwing, Catching Technique
 Action Based Learning
 Rhythm Activities
 Volleying, Striking Technique



Grades 3-5:

Introduction/Protocols
 Fitness in Games
 Soccer Skills
 Football Skills
 Fitnessgram Testing
 Rhythm Activities
 Volleyball Skills

Grading is based on:

- Skill-work
- Participation
- Leadership Behavior
- Preparedness

Grading Scale:

4=Above Average–Above expectations
 3=Average–At grade level expectations
 2=Little Below Average-Slightly below expectations
 1=Needs Improvement–Significantly below expectations



Other Physical Education Class Notes:

Proper P.E. attire: Please remember to have your child in proper clothing for physical education class. Pants and shorts are typically the best on p.e. days. Also, every child should have proper tennis shoes! Tennis shoes are a **must** in order to keep your child safe during activities, and to keep our gym looking nice!

Health Issues: Students must provide me or the nurse, with a parent note or a doctor's note in order to be exempt from class. If the student must sit out more than one day it **must** be a doctor's note. Please have the doctor include a date of when the student is able to return to activity.

Discipline Plan: Students will be given 3 redirects for non-leadership behaviors. The 4th time behaviors continue the student will be placed in a "safe" seat to fill out a reflection, and earn a minor. If the behaviors continue the student will be sent to intervention accompanied by another minor(s). Students with persistent behaviors will receive a note, email, or phone call home.

"7 Days without Exercise makes one Weak!"