

Parent Information about PE skills and Expectations

These are the targeted skills that we teach and evaluate throughout the year - Kindergarten will do a very basic portion of each of these.

Locomotor skills - skipping, hopping, jumping, galloping, sliding

Throwing/ Catching

Dribbling/ Shooting - hands and feet

Striking w/ objects & w/ body parts

Rhythm/ Sequencing

Jumping/ Landing

Balance/ Wt. Transfer

Fitnessgram – grades 3-5

Safety

CHAMPS is our school wide expectation plan

C - Conversation level

H - Help

A - Activity

M - Movement

P - Participation

S - Success

In PE, CHAMPS is divided into two sections...

Instruction Time - voice level 0, raise hand for help, look and listen to teacher, no movement, participate by looking and listening

Activity Time - voice level 2, ask a friend for help, participate correctly, move as instructed, do your best

Students must **RESPECT** themselves, **RESPECT** others, and **RESPECT** the equipment.

Students get **3 strikes** –

Strike 1 = Warning (clip pull - re-enter the activity immediately)

Strike 2 = Time Out (students fill out a paper saying why they are in time out and why they got a warning - they sit out normally just for the time they are writing, talk to a coach and then re-enter the activity)

Strike 3 = Extended time out (conduct report sent home to parent, which must be signed and returned, no re-entry to the activity until conduct report is returned by student)

Because students do not translate behavior choices with the conduct grade on their report card, we had to implement **Election Day**. The students are taught that they get to vote for an activity of their choice when they are a good citizen in PE. Therefore, at the end of the six weeks, any student with a “mark” in the grade book has to sit out of the activity for 1-2 minutes for each infraction. A “mark” is earned and placed by the student’s name in the grade book as a result of a warning, time out, or extended time out. After students sit out his/her required number of minutes, the student joins in the activity. Students that do not have any marks will suggest and vote on the activity for the day.

Election Day teaches the students accountability for their actions and we have seen a dramatic and immediate decrease in behavior issues.

Coach Bridges and Coach Hart