



Physical Education

Elementary Physical Education

The elementary PE classes all meet twice each cycle for 45 minutes. The half-day Kindergarten meet once.

Each year students build upon skills learned during the previous year. This is done through skill practice, lead up games, and modified sports-like games. Skill practice occurs both individually and with small groups.

In addition to learning physical skills, students are taught cooperation, sharing, sportsmanship and teamwork.

The importance of physical

fitness is stressed and active games that improve fitness are played.

Students in grades 4 and 5 take part in the **President's Physical Fitness Challenge**.

(See back)

Students are exposed to fitness concepts such as increased heart rate and breathing rate as a result of vigorous exercise.

Fall Units

Primary grades work on basic skills including jump rope, kicking, throwing (under- and overhand), and catching and games.

Grades 4 works on skills

and simple games of touch football and floor hockey.

Grade 5 is also introduced to field hockey.

Mouth guards will be distributed.



SAFETY
All students, in grades K-8 must have their hair secured, with an elastic or clips, on PE days, to prevent injury that can occur by moving with obstructed vision, i.e. hair in their face

More PE News

Intramurals

Students in grades 4 and 5 may be able to participate in an intramural activity. Intramural basketball will take place after February vacation. Permission slips will be distributed then. We will keep you up-to-date

through the newsletter.

Adapted PE

Sawyer School provides additional physical education time for exceptionally challenged students or students who may have difficulty in one or more areas.

Students are seen separately as well as during their regular class time. Screening with additional testing may also be necessary. Parental permission is always needed prior to Adapted PE and/or testing.

Florence Sawyer School

Bolton, MA

Staff:

Karen Cavaoli

-KM, KS, KG, Grade 1, 2F, 2G, 5B, 5W

Mike McCutcheon

-KJ, 2P, 2B, 3B, 3G, Grade 4, 5J, 5S and Adaptive PE

Megan Gurley

-3T, 3W

Inside this issue:

Expectations	2
Grading	2
Medical Excuses	2
NASPE Standards	2
Fitness Testing	2
Rules	2

Expectations

All students in grades K - 5 are expected to wear clothing suitable for physical activity and sneakers that fit securely. Loose sneakers have a tendency to come off during play.

A short sleeve shirt is also encouraged and can be worn under warmer layers in cooler weather

Medical Info

All chronic health problems that can be affected by physical activity need to be reported to the school nurse.

Students with asthma should have their medication in school.

Students with allergies that require an epi-pen for treatment should also have their medication in school.

Medical Excuses

Parents may send a note to have their child excused from a day of PE. Long term problems need a note from a physician with a re-admittance date or the doctor's permission to return to activity.



Tie, Velcro or secure slip-ons sneakers please. No clog sneakers, sandals or boots.

Rules

Good Sportsmanship
Always

Equipment is to be used safely and appropriately.

Do your Best

Wear appropriate clothing and footwear.

Hair should be tied back.

Grading

There are a variety of different grading systems in the elementary grades but all grades are a combination of:

Participation
Skill acquisition and improvement

Students are also graded separately on

Conduct
Effort

Students in Kindergarten do not receive a separate grade for PE but are observed to ensure that they are able to perform age appropriate skills and activities. This information is shared with the Kindergarten teachers.

The President's Physical Fitness Challenge

Students are tested in five areas. The curl-up test measures muscular strength and endurance. The shuttle run measures speed and agility. The sit-and-reach test measures flexibility. The pull up/arm hang test measures upper muscular strength and endurance. The 1 mile (5th grade) and 1/2 mile (4th grade) run measures cardiovascular fitness and endurance.

The tests are administered in the fall and spring to allow students to follow their improvement from the start of the year to the end. Students can earn a Presidential or National award by achieving scores which are compared to national standards, by age and gender. The awards are given out at the end of the school year.

www.presidentschallenge.org

NASPE STANDARDS

The National Association for Sport and Physical Education has published standards as to what a physically educated person should be able to do. They are as follow:

1. Demonstrates competency in motor Skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment challenge, self-expression, and/or social interaction.