Here comes an exciting year of Physical Education! With everyone's support and encouragement we hope to introduce your student to the many benefits of an active and healthy lifestyle. Students will be given all opportunities to develop self-esteem, social interaction, fitness and skill development.

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#  Rules – ROAR expectations

# Freeze, Look, and Listen

# Respect the rights of others. Stay in your own personal space. Encourage others! Keep hands, feet, and unkind words to yourself.

# Hustle and say “I can!” or “I will try!”

#  Consequences

# Quiet warning/reminder

# 1st time-out (reflection corner)—return to P.E. when you are ready to participate safely

# 2nd time-out (reflection corner)—stay in time-out until the end of P.E. and note sent home.

# ROAR reflection /Parent phone call home

# Positive Rewards

# ROAR Grams/ P.E. Happy Grams

# Phone calls home

# Encouragement and praise

# Helping others and Feeling great!

**Our curriculum uses a dynamic lesson format.**

Each lesson is divided up into four instructional segments:

Introduction**:** Ensures instant activity when entering the PE classroom; prepares all large muscle groups.

Fitness Development: Designed to enhance health-related fitness and promote lifetime physical activity. Students will experience motivating routines with safe exercise to achieve adequate levels of personal fitness.

Lesson Focus: Designed to teach physical skills. Students will work with individual pieces of equipment, allowing them to progress at their own rate.

Game: Opportunity to apply learned skills, strategies, performance techniques and check cognitive concepts.

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What to wear to P.E.?

Comfortable clothes and tennis shoes (closed toes shoes) are requested for the student’s safety and to help them do their best in class. Make sure they are dressed for outside weather. No Crocs allowed as they do not support feet.

Medical Excuses

Please send your student with a note if they are unable to participate. Make sure the amount of time needed to be excused is listed.