

## *Catheryn Gates Elementary* *Physical Education*

I am excited to welcome everyone to the 2019-20 school year. I am looking forward to a very active and successful year in Physical Education. My **goal** is **FITNESS FOR LIFE**... teaching the importance of developing a lifetime appreciation and understanding for health, fitness and life skills through proper exercise, nutrition and physical activities.

### **P.E. SCHEDULE**

To see the days that your child has P.E. please refer to the schedule on the physical education page of the school website.

### **DRESS**

To ensure maximum safety and participation, your child should wear appropriate clothing and footwear for movement.

Proper footwear includes: athletic/tennis shoes - having a flat bottom, foot fully covered and laced snugly. Clogs, sandals, dress shoes (no heel or high platform), and boot-like shoes are NOT appropriate. If inappropriate footwear is worn, warnings and time-outs will be given depending on how much the student can participate.

- ✓ *On hot days, sunscreen, hats, and water bottles are recommended. (Please no Gatorade or fruit drinks)*
- ✓ *On cold days, dressing in layers is recommended.*

### **PARTICIPATION**

Participation is expected of all students. If your child needs to be excused from P.E. activities, due to allergies, asthma, or other medical reasons, please send a written and signed note by you to have your child give to the teacher at the beginning of P.E. class. Notes written by students are not accepted. You may also email me preferably before the school day begins. **Please be specific as to what your child can or cannot do so that we can modify their work and activity level.** If your child will miss more than 3 PE days, a doctor's note is needed.

### **MR. HANSEN'S GAME PLAN**

1. Attitude of Gratitude
2. Safety - both physically and emotionally
3. Fun - making learning and taking risks a positive choice
4. Respect
5. Commitment
6. Including others

### **BEHAVIOR EXPECTATIONS**

In order to reinforce a more positive learning environment to a student who is not showing appropriate behavior choices, he/she will be sent to sit on the Observation Deck (an area in full view with close proximity to the activity so the instructions can be heard). While there, the student can reflect on their behavior and make adjustments so that they can successfully reenter the activity. The student will reenter activity when he/she can answer the following 3 questions:

- What will I **stop** doing?
  - What will I **start** doing?
  - What will I **continue** doing?
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- ❖ Observation Deck = a "warning" will be recorded
  - ❖ Student does not reenter activity = a "time-out" will be recorded.
    - o If problems persist through multiple PE classes, recess will be missed and parents may be contacted.
    - o Severe behavior will be sent immediately to the office with a citation for disciplinary action.

Let's work together to help keep the children active, healthy and fit. If you have any questions or concerns, please feel free to contact Desmond Hansen ([dhansen@rcsdk8.org](mailto:dhansen@rcsdk8.org))

Desmond Hansen  
Physical Education Teacher  
Catheryn Gates Elementary