

## Upper-Grade Physical Education for the 2022-2023 School Year

Welcome to Lincoln Elementary Physical Education for the 2022-2023 school year. Mineli Ebrahimi and I (Jim Jenks) will be your child's PE teachers. We are really looking forward to working with all of the students. Our classes meet three times a week for 40 minutes each time. To help the year go smoothly and to help your child be successful in PE please note the following:

- Most of the year students should wear shorts and short sleeve t-shirts.
  - All year students should wear tennis shoes (tied tightly) and socks.
  - Students are encouraged to apply sunscreen at home.
  - Students are encouraged to wear hats for additional protection from the sun.
  - For safety sunglasses are only permitted if they are prescription.
  - Students are encouraged to bring towels (w/names on them) & water bottles (with water only).
- **GRADES:** In PE students will be graded in Participation and Behavior. Students may earn an "S" (Satisfies Expectations) or an "N" (Needs Improvement) in each of the areas.
- Participation: In order to earn an "S" in Participation: "Students regularly participate in moderate to vigorous activity. Students build the skill, knowledge, and confidence to be physically active and apply those in individual, small group, and whole class activities. Students stay on task and put forth their best effort." They are not graded on their athletic abilities, but rather on giving their best effort in fitness, skills, and game activities. If students miss too many PE classes and/or do not participate actively during too many classes they will earn an "N."
- Behavior: To earn an "S" in Behavior: "Students demonstrate good sportsmanship, teamwork, and respect for others in all aspects of PE. Students listen and follow directions with enthusiasm. They use equipment appropriately and adhere to safety guidelines and class rules. Students are willing to help others and accept the help of others. Students demonstrate appropriate social skills and personal responsibility." If students are disruptive during instruction, are disrespectful to others, and/or do not follow directions or any of the above regularly they will earn an "N."
- **INJURIES:** When students are unable to participate or must limit their participation due to an injury they need to bring a note from home or from a doctor. If a student is unable to participate in PE they are not allowed to participate actively in recess and lunch on that day as well. If there is a medical condition causing a limitation that will be all year long or for over a week we must have a doctor's note on file.
- **COMMUNICATION:** Please keep the lines of communication with us open. We teach at 3 schools with over 600 students, but you are always welcome to email me if you have questions, concerns, or just want to check in: [jjenks@gusd.net](mailto:jjenks@gusd.net), and I will respond as quickly as we can, but it is difficult to do so during the instructional day.
- **FITNESS:** Students are expected to participate actively for 15-20 minutes during fitness each PE day. They will be building toward jogging/walking (5 min.), push-ups (12), curl-ups (21), trunk lifts (9 inches), shuttle runs (20), as well as arm and leg stretches. The goal is to increase each student's strength and flexibility. All students should work on these outside of school as much as possible. They will be tested on these beginning in February.
- **FIELD DAY:** We like to offer an awesome activity in the spring called Field Day. It relies heavily on parent volunteers and we hope that you will be available to help. It is a great event and parents who have done it before look forward to it annually. Information about that will go out in the Spring.

Thank you,

Jim Jenks & Mineli Ebrahimi