

Welcome to Physical Education for the 2021-2022 school year! My name is Jim Jenks and I will be the PE teacher at Lincoln, with Minella Aghajani assisting. We are really looking forward to meeting and working with all of the students. Our classes meet rain or shine (Monday, Tuesday and Friday) for 40 minutes each class. We will begin PE the last week of August. We will take into consideration the severe heat during the initial month of school and offer modified activities, with plenty of opportunities for water breaks. To help the year go smoothly and to help your child be successful in PE, please note the following:

- Students should dress in comfortable clothing on PE days, allowing them to move freely
- Students are encouraged to apply sunscreen at home and wear hats for additional protection.
- Students should wear athletic shoes (tied tightly) and socks
- Students are encouraged to bring towels or mats (w/names on them) & water bottles (water only)

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.”

When students are unable to participate or must limit their participation due to an injury, they need to bring a detailed note from home or from a doctor. If they do not have a note, they will be expected to participate to their best ability. If students are unable to participate in PE, they are not allowed to participate actively in recess on that day as well. If there is a medical condition or illness causing a limitation for **over** a week, we must have a doctor’s note.

Please keep the lines of communication open with us. 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: jjjenks@gusd.net and I will respond as quickly as I can, but it is difficult to do so during the instructional day.

We have a fun standards-based varied curriculum that includes 15-20 minutes each meeting of current fitness trends and activities. We will start off easy, offer differentiation for varying fitness levels, but hope to motivate your student to increase their fitness level and prepare them for the state fitness tests that begin officially in February. We encourage students to be active outside of PE for at least 60 minutes each day as part of their PE homework. We would love to hear that you are joining them! I look forward to a great and healthy year! Thank you!

Jim Jenks