

Physical Education/Health Expectations

The Physical Education and Health department (Mrs. Gardner, Ms. Grooms, and Mr. Berning) at McKelvey has had the pleasure of meeting many of you and look forward to continuing and cultivating those relationships new and old. The following document was created in an effort to give you an idea of the expectations we have for the students and how you may aid us in meeting those high expectations. We are blessed with many great kiddos at McKelvey, but nothing can replace having teachers and parents on the same page—with the kids best interests in mind. We look forward to working with you this year and in the future. Please feel free to contact us via email or phone (information on the webpages) with any further questions, concerns or comments! Thank you!

- Students are required to wear tennis shoes to PE every day. Please ask your child (or see McKelvey's PE Schedule to know) which days they come to PE. (It is every other day usually, unless scheduling changes)
- Students are asked to wear clothing that is appropriate for physical activity (i.e. Tennis Shoes, T-Shirt, Shorts, Long Pants). Please refrain from having students wear exceptionally nice clothing on PE days.
- We will gladly help our students tie their shoes, especially our younger ones who are just learning, but we ask that you encourage all students who have not yet mastered this skill to continue practicing at home.
- Students are expected to treat each other and the teachers with the utmost respect. We espouse to a high level of character at McKelvey and especially in PE where teams play together and partners are used often. Students are expected to look teachers and peers in the eye and not argue when a teacher is talking to them.
- Students are expected to treat PE/Health as what it is; a mainly action-based class. We like to remind them that this is a fun time of movement, but their focus should still be on LEARNING and MASTERING skills and concepts, just like any other class. On days where we are teaching a more health-based lesson, we expect their focus on the information being taught as well.

- We expect our parents to ask their students about how PE is going, we want you to know what is going on in our classroom and how much fun your son or daughter is having.
- We ask for your support in your child's continued physical fitness at home and outside of the classroom. We do our best to make students aware of opportunities for activity outside of the classroom. Please check our website and look at our monthly health tip for those. However, even if it is just throwing a ball or riding a bike around the neighborhood, please encourage at least **60 minutes** of physical activity a day.
- You can expect that your child is important to us. We care about and strive to give each student a positive experience in our class. You can expect that our door is always open and you can contact us anytime.