

## Spartan Physical Education 1st-5th Grades

Dear Spanger Parents,

We are looking forward to providing your child with an exciting and rewarding physical education program. PE classes are an integral part of physical and social development. We take pride in our program and are committed to giving the students the best instruction possible.

The goal of the physical education program at Spanger Elementary School is to develop and improve students' personal fitness and motor skills by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction. Your child's locomotor movement, manipulative skills, personal behavior, and fitness level will be monitored and assessed throughout the school year. Our curriculum is based on the California Content Standards for Physical Education. Assessments are divided into two categories: movement skills/knowledge of concepts, and self-responsibility/group interaction.

Participation: Every child is expected to participate to the best of their ability each day they attend class. If your child needs to be excused from any PE activities, send a written note to school. Please be specific as to what your child can and cannot do so modifications can be made appropriately. If the condition restricts activity for more than a week, a doctor's note will be needed.

Dress: We are concerned about your child's safety and for that reason, we ask **athletic or running type shoes** be worn to PE. Shoes with heels, boots or sandals make it difficult for children to participate safely and also hinder skill development. Shorts must be worn under skirts or dresses. Water bottles and sun protection are encouraged, as well as dressing in layers in the colder months.

Behavior: The school-wide behavior plan is followed. Students are expected to be:

- **SAFE** Be in **Control** of body and equipment. **Look** before and while doing activities.
- **KIND** To Self = Give your **Best Effort**.  
To Others = Be a **Good Sport** and **Respect** individual differences
- **RESPONSIBLE** **Listen Quietly** and **Follow Directions**. Use equipment **properly**.

Your student has 2 days of Physical Education each week. The classroom teacher inform you which days your child is scheduled to have PE. Please help your child remember to wear appropriate shoes and attire.

If your child has any ongoing health concerns or restrictions that we need to be aware of, please send a detailed note with instructions for their class participation limitations. You may email me at [cgladwill@rcsdk8.org](mailto:cgladwill@rcsdk8.org) if you have any questions or concerns.

Looking forward to a great year,

Cheryl Gladwill - Physical Education Teacher