

# ADL PHYSICAL EDUCATION

Ms. Stebbins

August 2011

**Welcome to a new school year and Ms. Stebbins Physical Education Class! This year should be a fun and exciting year in PE as we explore some new and old ways to be a healthy and active individual.**

**Philosophy: My physical education philosophy is one that begins with a foundation of Responsibility and Respect. It is my goal as a physical education teacher to help every student become as active as possible while also helping them understand the importance of fair play, sportsmanship, cooperation, and teamwork.**

**Grading is based on the following CCSU physical education power standards:**

## **Physical Education Power Standard #1: Motor Skills and Movement**

Students know and apply both fundamental and complex motor skills and movement patterns that can be transferred to a

variety of physical activities. (Aligns Vermont Standards 2.3, and 3.6)

## **Physical Education Power Standard #2: Concepts, Vocabulary, and Strategies**

Students know and apply movement concepts and principles, sports vocabulary, and strategies and tactics as they apply to

physical activities.

## **Physical Education Power Standard #3: Fitness**

Students know and apply fitness concepts to the five components of health-related fitness.  
(Aligns with Vermont Standards

3.1, 3.5, and 3.6)

#### **Physical Education Power Standard #4: Safety and Responsibility**

Students practice safe and responsible behaviors that promote personal and group success in all physical activity settings.

(Aligns with Vermont Standards 1.13, 1.15, 3.3, 3.5, 3.11)

#### **Physical Education Power Standard #5: Participation**

Students participate regularly in a variety of individual and group physical activities which promote enjoyment, self confidence,

and personal accomplishment, leading to an active lifestyle.

**Students will be assessed on standards 4 and 5 on a daily bases. This daily grade will be based on a 10 point system. Students will earn these 10 points by demonstrating respectful and responsible behavior. Examples of this kind of behavior is, being on time/prepared for class, staying on task, acting with safety in mind, using equipment appropriately and being a positive peer.**

**Daily grades will be communicated to students when they “check-in” as they exit class. Twice a trimester students will be given a PE progress report. These reports will give students the opportunity to view all of their daily grades from the previous four weeks. They will also be able to read any comments that I have made about their daily performance.**

**Assessments on standards 4/5 will make up 60 % of a student’s grade. The remaining 40% will be divided up equally between standards 1, and 2. Standard 3 will be assessed using the fitness gram assessment tool where the focus will be improvement.**

## **Clothes For PE Class**

**Students MUST CHANGE BOTH THEIR SHIRT AND THEIR SHORTS/PANTS FOR PHYSICAL EDUCATION CLASS. If a student wears shorts and a t-shirt to school they still must change for physical education class!**

**The following clothes are NOT OK for PE Class:**

**Crocks, Sandals or Slip on shoes.**

**Jeans or Jean shorts**

**Tank tops/shorts that do not meet school dress code (see school handbook)**

## **Excused from class?**

**I do understand that sometimes students don't feel well or have an injury that may prevent them from participating in PE. If a student has a long term injury, such as a broken arm, the nurse should be notified and a note from the doctor should be given to her. The note should include when the student may start to participate again. If a student has a short term sickness and you would like them to sit out of PE for a day or two then a note from you the parent to me should be fine. I would strongly urge you to only use this in instances when your child really does not feel well enough to participate. Most parents are good about this, but sometimes we as teachers see a trend of a lot of notes during sport/activities that are unpopular with a certain groups of students. To get everything out of the ADL PE experience all students should participate in all activities when possible. Thanks ahead of time for your cooperation.**

**So you got caught eh? Detentions, behavior, etc.**

**As stated before, my classroom environment is built on a foundation of Responsibility and Respect. If students act with these two qualities in mind then they should never have a problem. If a student does violate one of my rules then a detention will be given. Here are some examples or reasons I would give a detention-**

**1) Is late for class or unprepared 2 times during one 4 week grading period. This can be a combination of the two offenses.**

**2) Put downs, swearing, taunting or intimidation of any kind will not be tolerated.**

**3) Lack of effort.**

**4) Miss-behavior**

**\*\*\*For planning purposes, all detentions will be served on Thursdays. If a student has a detention for another teacher on a Thursday it is their responsibility to communicate that to me. The office will be notified if a student misses/skips a detention.**

## **LET'S COMMUNICATE**

**As a teacher it is important to me that I have a good working relationship with my student's parents. Communication is a must. Please feel free to call me at school anytime or contact me through email.**

### **Contact Information-**

**Phone 868-1388**

**Ext. 6314**

**[Astebbins@ccsuvt.org](mailto:Astebbins@ccsuvt.org)**

**Thanks for your time! It should be a great year!**

**Key phrase: GO Patriots!**