



**Sterling Elementary School
Falcon Fitness 2017-18**



Hello Parents and Guardians!

Welcome to the 2017-18 PE season! Being active, eating healthy and demonstrating *Spirit of the Game** are just some of our teachable points this year in PE.

PE Expectations

- ✓ Gym shoes!
 - Please leave a pair at school to use. If you cannot obtain a pair, please let us know so we can help.
- ✓ Water Bottle
 - Please bring a water bottle to gym class. Hydration is important! Water bottle breaks are allowed. We do not go out of the gym to the water fountain during class.
- ✓ Demonstrate *Spirit of the Game**
- ✓ Doctor's note if cannot participate **

***If your child has any physical disabilities, please let us know. Problems such as chronic asthma, allergies, heart problems, diabetes, etc. need to be documented and kept with our school nurse. Prior knowledge will help us monitor your child closely. Your students' safety is important to us as they go through their PE routine.*

Personal Assessment

Grades 4, 5 and 6 will be given the Fitness Gram assessment twice a year. This is a personal assessment and not graded. The goal is for each student to observe their own personal success as they become more physically fit.

Homework

We are participating in Healthy Futures Challenge again this year. Please help your child fill out the calendar when it comes home each month in the Monday folder. Your child will need to be active at home to complete the recommended 60 minutes of active movement each day for 15 days out of the month. For fun activity ideas check out our monthly newsletter.

Grading

Students earn 3 points for Participation each PE period. 1- wearing gym shoes 2-having appropriate behavior (*Spirit of the Game**) 3-following all directions.

Each quarter the mean of the points will be assessed and used, along with observations, to determine which Level your child has obtained. Please see the back of this letter for complete Level Expectations.

Contact

My prep time is 8:30 - 9:00 am each day. Please email me or call the school during my prep if you have any questions or concerns. I welcome you to the gym anytime! If you would like to volunteer in the gym, please let me know. I am very appreciative of our amazing Falcon Volunteers!

Thank you for encouraging your child to stay active and be healthy!

Ms. Chythlook
mchythlook@kpbsd.k12.ak.us
907-262-4944

* *Spirit of the Game* is a spirit of kindness, sportsmanship, mutual respect, cooperation, fair play, respect and adherence to the rules.



PE EXPECTATIONS

LEVEL 0

Even with redirection and help, I am unable to demonstrate Level 3 expectations.

LEVEL 1

I need help and redirection to demonstrate most of the Level 3 expectations.

I need to be reminded often.

LEVEL 2

I can independently demonstrate several Level 3 expectations with occasional redirection. I need to be reminded now and then.

LEVEL 3

I am safe, responsible, & prepared for every class. I participate in lessons & activities.

I am respectful of teachers, classmates & equipment. I demonstrate outstanding cooperation & sportsmanship.

LEVEL 4

I exceed all Level 3 expectations by demonstrating initiative, exceptional leadership, responsibility, cooperation and sportsmanship.

Falcon Fitness Signature Page



Please fill in, sign and return (only) this page to your classroom teacher.

By signing you confirm you understand the importance of following all the

Classroom Expectations; and, there are points given each PE period

for Participation which are used to help determine the

Level your child obtains each quarter.

Classroom Teacher

Student's Full Name

Parent/Guardian Signature