

Welcome to *Elmira Elementary* Physical Education! My name is *Jennie Herbert* and I am excited to be teaching Physical Education again this year! I will be working to encourage healthy habits and teach students that movement is fun. The goal is for students to be confident movers and to choose to be active for a lifetime! I am looking forward to an exciting year with your kids! They will get PE for 30 minutes everyday.

# Physical Education Elmira Elementary

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Active Students = Better Learners  
www.cdc.gov/healthyschools/PEandPA

## What I Learn in PE Class

Every day, your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

Look at the **National Standards** to help you understand what you are learning in PE.

A physically literate individual:	What this means to me:
1 demonstrates competency in a variety of motor skills and movement patterns.	I have the skills to move and play.
2 applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	I show that I know how to move and use a plan when I play games.
3 demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	I show that I know how to get fit and stay fit.
4 exhibits responsible personal and social behavior that respects self and others.	I act fairly and respectfully when I play.
5 recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I know why it is important to be physically active.

**Grading**  
Each student will be graded on a 4 point scale everyday. Grading will be based on participation and sportsmanship. The objective of Physical Education is to be safe, be active, and be a good sport all while learning skills at the same time.



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## What You Can Do

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Move and play with your child as much as you can and model good healthy habits. Now is the time to create lifelong habits!



Students will be wearing their face mask/shield while doing PE. There will be "mask break areas" in the gym for them to get a break when they need one.



If your child has any health concerns, please let the school know, as I will adapt the activities to fit his/her needs. If your child cannot participate due to illness or injury, please send a note. Your child's, health and safety are a top priority!

Help your child come to Physical Education prepared with good gym shoes that are tied. Let's keep our newly polished gym floor in a great shape!  
Great video to help your kids learn tie their own shoes:  
<https://www.youtube.com/watch?v=py99ND-gs1E>