

WELCOME

BACK TO SCHOOL



PE Information 2020

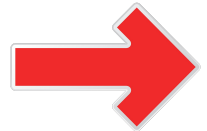


ANYTHING IS **POSSIBLE** IF YOU **TRY.**

Thank you for taking the time to come and check out PE! Please click on the pink arrow to move through the information.



Mrs. Herbert
jherbert@fernridge.k12.or.us
541-935-8214 ext. 3320



Schedule

8:00-8:30 4th Nienhaus (virtual at this time)

8:30-9:00 3rd Frede

9:00-9:30 5th Hutton (virtual at this time)

9:45-10:15 K Hood

10:20-10:50 K Oxenford

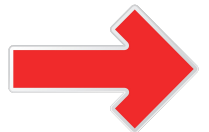
10:50-11:20 1st Perrier

12:10-12:40 1st Skenzick

12:45-1:15 2nd Johnson

1:15-1:45 2nd Roberts

1:45-2:15 3rd Reynolds



Athletic Shoes

**GREAT
IDEA!**



- Please remember that we have PE EVERYDAY and your child needs to have athletic shoes. This will help them do their best and keep our floor looking great.
- Does your child know how to tie their own shoes? If not, try to double knot them in the morning. Thank you!



Staying Healthy



There are many mask break areas in the gym for kids to catch their breath.



Kids will clean their hands on the way in and the way out of the gym



The equipment for each cohort will be kept separate and cleaned daily.



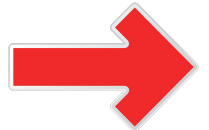
PE Rules

#1 Be Safe

#2 Be Active

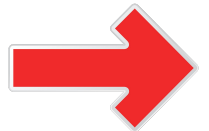
#3 Be a Good Sport

SAFE



Grading

Kids are graded on Participation and Sportsmanship and should earn 4 points a day in each area.



P.E. GRADING RUBRIC

I DID ALL YOU ASKED AND MORE, THAT'S WHY I GOT A...

4

I DID WHAT YOU ASKED OF ME, THAT'S WHY I GOT A...

3

THERE WAS MORE THAT I COULD DO, THAT'S WHY I GOT A...

2

I DID NOT DO WHAT SHOULD BE DONE, THAT'S WHY I GOT A...

1

Our PE Goals

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies strategies and tactics related to movement and performance.

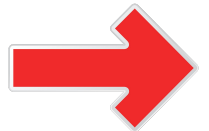
Standard 3: Achieve and maintain a healthy level of physical activity and fitness.

Standard 4: Uses responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.



[2020-2021 PE Plan](#)



CATCH Day

- The first Tuesday or Wednesday of every month will be our CATCH Day. Kids can wear their shirts, they will get extra fitness, and they will have a nutrition lesson in their classroom.
- This will be the day we focus on fitness and endurance. Kids are learning that one benefit of exercise is making their heart & lungs stronger. We will be tracking how many miles they do for the year!
- CATCH shirt order forms are now available. Click [here](#) for an order form.



Communication

- One of the most important things for a teacher is to communicate with families.
- I will be sending home a monthly newsletter letting you know what unit we are working on. Click here for [September](#).



- If your child is ever very sick, or injured, and you don't want them to participate, please send a note to their teacher or an email to me. They don't always want to sit out of PE.

