

Glen Acres

PHYSICAL EDUCATION 2018-2019

Health and Physical Education Office:

484-266-1700 x 5915

Mr. Michael Yarosewick "Mr. Y."

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Overview

The Physical Education curriculum is based on Pennsylvania State Academic Standards and National Standards for Physical Education. Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. Our program also seeks to integrate Physical Education with classroom concepts and skills.

Class Rules

1. Be prepared for class (Sneakers)
2. Be safe at all times
3. Respect self and others
4. Follow directions
5. Be a good sport

Excuse Notes

If your child needs to be excused from P.E. due to illness or injury, a note from a parent or doctor is required. Please have your child bring it with them to PE class. If it is a doctor's note, then another doctor's note is required when your child is cleared to return to full participation.

What your child needs

1. Athletic sneakers. Laces must be tied tightly on the outside of the shoe. Fifth grade students – dry shoes and socks when grass is wet with dew.
2. Cool comfortable clothing. Short sleeves are recommended even during the winter months since the gym is warm.
3. Please leave jewelry at home on PE days.

Grades

Assessments are performed based on Pennsylvania State Physical Education Standards. Evaluations include motor skills, manipulative skills, game tactics, body control, fitness skills and concepts, and personal and social skills. Also, a daily individual performance score is given after each class day. Performance scores are based on what your child does during the lesson. This score reflects a child's effort, listening and following directions, attitude, sportsmanship, cooperation with classmates, and being prepared for class. 4=Advanced Proficient, 3= Proficient, 2= Basic and 1= Below Basic

“Physical Education is the only subject which by the very nature of its content, has the potential to affect how a person will feel every moment of everyday for the rest of his or her life”

Linda Huber, Member of the Pennsylvania State Association of Health, Physical Education Recreation and Dance

Please see reverse side



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When does your child have P.E.?

Day 1: Wood, Tustin, Virtue-Baer, McAliney/Alba, Conklin/Primus, Rupsis

Day 2: Ousey, Axt, Barnett, Clayton/Alba, Besselman/Primus, Brunner

Day 3: Peterson, Bowen, Gulli, Malikowski/Alba, Breeden/Primus, Erbe

Day 4: Rogers, Runzer, Keenan, Phillips/Alba, Davis/Primus, Rude

*Alba and Primus are split. Please check with your child's teacher to find out what day your child has P.E.

Up Coming Events

4th & 5th Grade After-School Sports

(Will be held on Tuesday and Thursday from 3:15 – 4:30 PM)

- 4th and 5th Grade Girls: Begins on Tuesday, September 18.
- 5th Grade Boys: Begins on Thursday, September 20
- 4th Grade Boys: Begins on Tuesday, September 25

Please see Mr. Y. for permission form and schedule for the 2018-19 school year.

Kids Heart Challenge (Formerly known as Jump Rope for Heart)

Thursday, February 14, 2018

Jump Schedule will be as follow:

5th Grade: 8:45 - 9:35

4th Grade: 9:35 – 10:25

3rd Grade: 10:25 – 11:15

Kindergarten: 12:35 – 1:25

1st Grade: 1:25 – 2:15

2nd Grade: 2:25 – 3:05

4th and 5th Grade Elementary District Track Meet

Thursday, May 16, 2019 @ WCU

(Rain date: TBA)

Field Day

Theme: TBA

Who: Kindergarten – Grade 5

When: Wednesday, May 29, 2019

“ABILITY is what you are capable of doing. MOTIVATION determines what you do. ATTITUDE determines how well you do it.”

Lou Holtz

