

LORENZO ELEMENTARY PHYSICAL EDUCATION SYLLABUS

Dear Parents/Guardians,

Welcome Back!

As you know physical education is an important component of your child's development. Students will be participating in physical education class daily.. These classes will consist of physical activities that address fitness, motor performance, and cognitive learning.

Physical education is a part of our standards-based report card. Students will be evaluated in three content areas, which include participation in individual and group activities, motor skill development, and fitness. We will also do Jump Rope Heart in February and various activities.

Physical Fitness

Realizing the importance of our physical fitness goal, a fitness assessment will be administered to each student twice during the school year. The five components of this assessment are the Pacer Test, Curl Ups, Push-Ups, Sit & Reach, and Trunk Lift for grades 3rd, 4th, and 5th

Our success will depend on your support with the following rules and procedures:

Actively Participate each and every day.

Sneakers-Sneakers will be required. Sandals, Boots, and Crocs will not be allowed.

Clothing-Please wear comfortable clothing that permits the freedom of movement on all playing surfaces.

Medical Issues- All children will be participating in physical education classes. Please bring in a doctor's note for medical situations. . A parent note is only good for 1 day.

We look forward to a fun-filled year!