**Physical Education**

Dear parents or guardians,

The P.E. program at GSIC is a cooperative venture between the P.E. teachers, parents and students. Your child will be involved in a structured P.E. class, which will incorporate original units and lessons specific to physical education, wellness and nutrition.

The goals for our students in P.E. are:

* To emphasize fun while increasing students’ levels of physical fitness
* To teach knowledge of rules and strategies when playing a game or activity
* To emphasize the self-satisfaction of giving one’s best effort, regardless of winning or losing
* To help all students become aware of their capabilities while participating in various activities
* To promote positive student interactions and sportsmanship through physical activity
* To help students find activities they can play outside of school in a community setting
* To teach students the importance of physical fitness and nutritional health

For all students to have a safe and positive experience in physical education, the following expectations will need to be followed:

* Students must bring their own water bottle with their name labeled clearly every day. **WATER ONLY!** No sports drinks, juice, tea, etc.
* All bookbags, purses and belongings will remain in the entry room to the gym
* All students will listen and follow the instructor’s directions
* All students will try their best in all activities, display a positive attitude, and maintain self-control
* All students will cooperate and work well with their classmates and instructors
* All students MUST wear tennis shoes/sneakers and socks during their P.E. class. This rule is for their own safety and the safety of other students. **Sneakers must have LACES THAT TIE, velcro straps or adjustable bungee clips.** Slip-ons such as Vans, running shoes, hey dudes, etc are not acceptable. No heels, clogs, wedges, sandals, or slip-ons will be permitted. Sneakers must fit well and stay on the student during the activity. NO EXCEPTIONS!
* All students MUST participate in the activities scheduled unless a written reason is given. If an injury or illness persists, a doctor’s note explaining the restrictions your child has and the duration must be provided. A maximum of 3 parent notes per semester.
* NO FOOD allowed. This includes gum, candy and breath mints.

Grading:

* Participation: 60% (participating in activity and putting forth best effort)
* Sportsmanship: 30% (overall behavior and following rules listed above)
* Preparedness: 10% (has appropriate attire and ready to begin class on time)

Contact Information:

* jsegrest@gsiccharter.education – Elementary
* cvaldez@gsiccharter.education – Middle and High School

Physical Education Department Staff,

Coach Segrest- Elementary

Coach Valdez and Coach Barb – Middle and High School