Montpelier Elementary School  
Welcome to Physical Education! 2018-2019

Mr. Gagnon  
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Hello everyone and welcome to physical education class! I am looking forward to a fun filled and active school year. Students will have physical education class every Monday, Wednesday and “A” Fridays. It is essential that all students come prepared for class by wearing appropriate pants or shorts as well as sneakers. The students will be assessed according to the standards and grade level outcomes of the Society of Health and Physical Education (SHAPE America). Listed below are the 5 major standards identified by SHAPE America.

Physically Literate Individuals (SHAPE America Standards):

- Demonstrate competency in a variety of motor skills and movement patterns
- Applies knowledge of concepts, principles, strategies and tactics related to movement and performance
- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness
- Exhibits personal and social behavior that respects self and others.
- Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Expectations:

A- Act safely  
B- Be Respectful  
C- Cooperate  
D- Do your best

Calendar:

The following schedule is a list of specific units of the school year. This is tentative and can change due to unforeseen circumstances.

September:  
Introduction to Physical Education/Fitness assessment

October:  
Cooperative Learning and Movement forms

November:  
Throwing and Catching

November/December:  
Dribbling and Passing

January:  
Rhythm and Dance

February:  
Educational Gymnastics
Please sign and return the second page for your child’s first homework grade.

March: Health Related Fitness/Jump Rope Skills
April: Striking and Volleying
May: Kicking, punting, passing and trapping
June: Review/Field Day

Grading:

Class work (70%) Students will complete a 2-question multiple-choice exit ticket at least two times each unit about the content they are learning. Students will also complete a peer and/or self-assessment for every unit completed. They will also be given a sportsmanship and participation grade every week as well. This participation grade is on a scale of 1-4.

Assessment (20%) Each unit listed above will have written end of unit assessment covering grade level outcomes from SHAPE America. Some units will also include a performance-based end of unit assessment.

Homework (10%) Students will receive 2 homework assignments each grading period. These assignments may include but are not limited to fitness documentation, signing and returning classwork and Venn Diagrams. Homework not completed on time will be graded as a 0.

Specific information about every graded assignment will be posted on SchoolMax as assigned. All information about the grade and details will be posted along with the assignment. Please contact me as soon as possible with any issues with your child’s grade. Information about Class DOJO will be given soon.

Class website.

Students will be expected to access the class website for assignments and basic information. I will try to update this information as much as possible so students have access to classwork and homework. https://sites.google.com/a/pgcps.org/montpelier-pe/home

Dress Policy:

Please make sure children have sneakers for each physical education class. This is a safety requirement and the student may not be able to participate without sneakers. Also, please make sure shorts or pants are worn on Physical Education days, which are Monday, Wednesday and A Fridays. I look forward to a fun and active school year!!
Please sign and return the second page for your child’s first homework grade.

1st Physical Education homework assignment:

Please sign and return to class stating I understand and will follow all expectations.

Print students name:___________________________________________

Student Signature:____________________

Parent Signature:_________________ __

Date:____________