

F.R.E.S Physical Education News Letter 2019-2020

Dear Parents/Guardians:

Welcome back to a new school year at Forest Ridge! We are pleased to be educating your child/children this year. One of our primary goals as physical educators is to teach every child how and why they should keep themselves healthy and fit throughout their lifetime. Each student receives **90** minutes of Physical Education each week.

Physical Education Days:

⇒ All students must wear properly fitted **sneakers** and appropriate clothing to be allowed to participate in class (please review the days your child has physical education). **Safety Check List for all participants:**

- ⇒ Sneakers on: students wearing *open toed/heel or wedged/heeled shoes* are not permitted to participate.
- ⇒ Sneakers tied/secured
- ⇒ Nothing around the neck (necklaces, lanyards)
- ⇒ Nothing around the wrist (watches, bracelets)
- ⇒ Nothing on the hands (gloves, rings)
- ⇒ Nothing dangly on the ears or hard on the head (**no hard, sharp hair holders, post type earrings only)
- ⇒ Nothing sharp in the pockets (pencils, pens, keys, etc.)
- ⇒ No food products in the mouth/ keep all objects out of the mouth
- ⇒ No dangling clothing (scarves or clothes that are really big)
- ⇒ Hair kept back out of the face

We strongly recommend that all jewelry and accessories that are not PE appropriate be left at home. Teachers are not responsible for lost or stolen personal items.

If sick or injured... Any parent note preventing a child's participation in physical education and recess must be received by the health room that morning. Doctor's notes that indicate a more serious injury or illness preventing or limiting the child's participation should give a date in which the child can safely resume activity.

Curriculum:

- Forest Ridge Elementary School follows the Howard County Public School System's Essentials Physical Education Curriculum. The curriculum is aligned with Maryland and National Standards.

Grading Policy

Skills and knowledge:

- ⇒ The grade is determined by the completion of physical skills tests and by the demonstration of knowledge the child has gained about the subjects presented.
- ⇒ A wide variety of activities are covered during the school year. It is not unusual for a child's level of success to shift slightly from quarter to quarter. The grade is feedback of your child's strengths or need for further improvement.

Learning Behaviors:

- ⇒ We use a variety of demonstrated attributes, which include: interpersonal skills, responsibility, perseverance, collaboration, and initiative.

It is important to spend time as a family being active and engaged in heart healthy activities for 60 minutes every day. We look forward to a wonderful year of learning to move and moving to learn at Forest Ridge!

Please contact your child's teacher with any questions you may have.

Mr. Sam Cassard & Mr. TJ Janasek

F.R.E.S. Physical Education Teachers

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