**Quest Physical Education Muscle News**

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**August 2019-2020**

Welcome to Quest Elementary Physical Education! We are looking forward to an exciting new school year filled with fun and fitness!

Our main goal in P.E. is to help your child develop & maintain a desire to be physically fit throughout their life. Physical Education is not only good for the heart but also for the brain. Physical activity feeds the brain with glucose & oxygen, making it easier for children of all ages to learn! Numerous studies show that children who exercise do better in school.

All students in grades K-6 will go through a P.E. orientation during the first week of school in order for them to understand our expectations, rules, and consequences for the year. We will also spend a couple weeks doing a variety of team building activities.

**SAFETY:**

In order to help your child stay safe during activity, please make sure they are wearing appropriate footwear and clothes for exercising. Sneakers should cover the entire foot and be secure on the foot. Students who are not appropriately dressed for exercise will not be allowed to fully participate in our lesson for that day.

**\*These shoes are NOT appropriate for physical activity:** high heel sneakers, opentoes/backless shoes, slip on shoes, boots, flip flops, crocs, sandals

**Medical:**

Students must bring a parent note or Dr.’s note if they have an illness/injury which prevents them from fully participating in P.E. We will modify the activity for them according to their particular illness/injury. Once a student is cleared for full participation, we must have a note in writing or e-mail stating that they are clear.

**Quest Elementary P.E. RULES:**

1. Dress for exercise.
2. No running under the pavilion.
3. Keep hands, feet, & objects to yourself.
4. Use equipment with permission only.
5. The whistle means “STOP” & “LISTEN”.
6. Always show GOOD SPORTSMANSHIP!

**Consequences:**

1st infraction-verbal warning

2nd infraction-sign the behavior book

3rd infraction-sign the book, & 5 min. time-out

4th infraction-sign the book, & complete behavior sheet & note home

5th infraction-sign the book, behavior referral to office, parent contacted

\*Fighting, deliberate destruction of equipment, jeopardizing safety of self or others, will result in an immediate referral to the office.

Hanging on basketball rims/nets will result in loss of court privileges for both PE and recess.

\*Classes who work as a team, follow the rules & show good sportsmanship, can earn a point on our chart. At the end of the year, the classes with the most points get a PE party ,ice pops, and are featured on the school news!

Thank you for all your support with Quest Elementary PE.

If you have any questions, please feel free to contact us at

321-242-1411 ext.4003

Coach Nestor & Coach E