**Sea Park Physical Education Classroom Expectations**

Safety

In order to help your child stay safe during physical 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 the lesson for that day.

Medical

Students must bring a parent note or Dr’s note if they have an illness/injury which prevents them from fully participating in PE. Also, it’s helpful to indicate with the specifics of whether your child should participate in a limited capacity or not at all and for how long. If a student is not feeling well or complains of a prior injury upon arrival to class, the student will be excused and will be asked to provide a note the next day. This way we can be ensure that you are aware that your student did not feel well enough to participate in PE.

Rules

1. **Dress for exercise-laced up sneakers & bring a water bottle.**
2. **Keep personal space.**
3. **Cognizant to how you move-spatial awareness.**
4. **Keep hands, feet, & objects to yourself.**
5. **Use equipment with permission only.**
6. **The whistle means “Stop, Look, & Listen.”**
7. **Play to have fun, be safe, follow the rules &**
8. **Always show GOOD sportsmanship**

Consequences

Strike1= **Warning**

Strike 2 = **Refocus**

Strike 3 = **Time Out, complete On the Bench worksheet**

Home: Use the word documents as a guide in correcting your students’ behaviors in PE class.

 

Prevention is not only a great form of discipline but builds self-esteem and supports self-help skills.

