



Tiger Expectations for Physical Education



Dear Parents of Emerson,

Welcome to a new year here at Emerson Elementary School. I am looking forward to a fun year. Your children will get a lot out of physical education class. We will discuss how students can take care of their bodies through physical fitness and nutrition. They will learn about how their bodies work by learning about the muscular, skeletal, and respiratory systems. We will continually be working on social skills such as positive sportsmanship, cooperation, and communication. We will learn these concepts through the games and activities the students will experience this year in physical education class.

The following are the expectations for students while in physical education class.

Commitment

Participate in all exercises and activities.
Increase physical fitness
Play by the rules
Give 100% effort

Respect

Respect yourself
Respect others
Respect the equipment

Responsibility

Listen to and follow all instructions
Wear appropriate clothing and shoes

Safety

Follow safety rules given for each activity
Use safe behaviors

As you can see under Responsibility, it states to wear appropriate clothing and shoes. This is very important to allow your child to be able to participate fully and safely. They need to wear clothes and shoes that are appropriate for physical activity. Please take note of the days that your child has P.E. class so they come prepared. The P.E. schedule is on the back. Shoes need to be laced up all the way and tied tight. Loose shoes, dress shoes, boots, and flip flops are not appropriate due to safety concerns. Children are not allowed to take their shoes off during class either since that is also a safety concern. If your child is in need of shoes, please contact the office or myself. There is a fund set up in the district that allows students who need it, to get shoes. I have also started collecting lightly used shoes that students can take if they need them. If anyone would like to donate shoes, that would be greatly appreciated.

If you have any questions for me, please feel free to contact me at jeremy.mciver@sno.wednet.edu or call me at 360-563-7198.

Thank you,

Jeremy McIver
Physical Education Teacher