

## **Physical Education Class Information**

**Teachers: Mrs. Langston & Mrs. Buck**

**Contact Information: 256-6466....Ext. 3404**

**E-mail.... [langstons@mustangps.org](mailto:langstons@mustangps.org)**

**[buckc@mustangps.org](mailto:buckc@mustangps.org)**

## **1<sup>st</sup> Grade : Physical Education Class Rules**

1. All Centennial students must wear tennis shoes to participate safely in physical education class. They may wear their sandals/flip-flops to school, and are allowed to change into tennis shoes during p.e. times.
2. During Instruction Time:  
Eyes are watching.....Ears are listening.... Lips are closed...Hands are still....Feet are quiet!
3. Play safe.....Play fair....Be a good sport!
4. Respect yourself and others! (Do your best at all times! 😊)

## **Physical Education Schedule**

**1:10 – 2:00**

**50 minutes every other day**

**\*Please look at our p.e. website for the dates your child will be in p.e. class.\***

**A/C Group: Ms. Cail/ Mrs. Reddick**

**B/D Group: Mrs. Fletcher/Mrs. Witthoun**

## **Grades**

Grades are determined by nonparticipation. This involves not following the rules of physical education safely.

1-3x signing the book = S (Satisfactory)...Note home on 3x ☹️

4x signing the book = N (Need improvement) ☹️

5x signing the book = U (Unsatisfactory) ☹️

\*\*\*Phone Calls home can be made at anytime your child has to sign the book\*\*\*

**Signing the book will start on Tuesday, September 6, 2011**

## **1<sup>st</sup> Grade- Activities**

Personal Space Activities

Introduction to Sports Equipment

Eye/Hand Coordination Activities

Low Organized Games

Body System Units

Safety Units

## **Illness Policy**

Parents/Guardians: Please write us a note if your child is unable to participate in physical education class activities.

## **Morning Routine in Gym**

If your child is not eating breakfast in the cafeteria, they will be coming to sit in the gym for D.E.A.R. (Drop Everything And Read) time. Mrs. Buck will be on duty in the gym. Please send a library book with your child each morning, so they can participate in looking at the picture book or reading with the others quietly until teachers pick them up! Thank You!