

# Physical Education

January 2021



## About/Philosophy:

Welcome to the 2020-2021 school year! I am Coach Levinson and I will be your child's Physical Education teacher. This will be my fifth year teaching Physical Education. I have had the opportunity to work with a diverse population of students including those with varying ability levels, developmental delays, learning disabilities, and physical disabilities. I pride myself in being able to assess, accommodate, and support all of the learners in my classroom. I set high standards and expectations for my students' learning. I have a strong understanding of my students' strengths and needs. It is my belief that children learn best when they are appropriately motivated and self-confident. My goal is to promote healthy life choices in fitness, sports, recreational activities, and exercise. Each student will be encouraged to grow physically and socially. It is my mission to make school enjoyable, so that my students enjoy Physical Education class.

## Contact Info:

Coach Levinson  
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## What's Coming Up:

### Grades PreK-8

Body/spatial awareness  
Loco-motor movements (skipping, running, hopping, etc. in place)  
Exercising in place

### Games will include:

Individual games from 6-12 feet apart  
Tag games (as long as students keep their mask on) Stuck in the Mud, Among Us tag, and Detective. Listening games, like Do as I say, Not as I do and Name and Motion. Other activities will include fitness relays and animal relays.

## Attire:

Face mask, gym uniform

Appropriate/Safe Shoes: Rubber soled athletic type shoes, Shoes should have laces or velcro

Inappropriate/Unsafe Shoes: Clogs, Sandals, Flats, Dress Shoes

## Rules:

Respect coach, yourself, others, & the gym. **Remember to keep masks on!**  
Have good sportsmanship  
Be honest  
Come prepared to learn & participate  
Have fun!