

Ms. Vitek
Physical Education Information
mvitek@stgerardlansing.org

Grades K-2

- ★ Students will participate in PE class twice a week with the exception of Kindergarteners, who will alternate the second day of PE by marking periods. During PE K-2 students will have the opportunity to work on motor skills and movement patterns, personal and social behaviors, recognize the benefits of physical activity and demonstrate skills to maintain a healthy lifestyle.
- ★ Tennis shoes are required and will be left at school.
- ★ Girls need a pair of shorts and/or sweatpants (NO spandex and shorts of appropriate length) and a sweatshirt/jacket for colder weather.
- ★ Boys participate in school pants but sweatshirt/jackets are recommended for colder weather.
- ★ Students will receive their effort and conduct grades for PE. Please see the Specials Grading sheet sent home (also posted on website) for the effort/conduct expectations.
- ★ Label all physical education clothing with the student's name. This is very helpful when items are left behind.
- ★ Health concerns that I need to be aware of, please call, email or send in a note with your child. If your child is not able to participate in physical education class because of illness or injury and will be out of PE class for one class period a parent note is acceptable. If your child will be out of PE class for two or more class periods a Dr's note is required., please send in a Dr's note with a return date. If they can participate in a modified activity please have that written on the Dr's note as well.

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Grades 3-6

- ★ Students will participate in PE class twice a week. During PE, 3-4 grade students will have the opportunity to work on motor skills and movement patterns, personal and social behaviors that respect self and others, recognize the benefits of physical activity and demonstrate skills to maintain a healthy lifestyle.
- ★ Tennis shoes are required and comfortable gym clothes. **Clothes must be school appropriate-** loose fitting full t-shirt with sleeves- NO spandex- **see handbook for details.**
- ★ Students will be using the lockerroom to change into gym clothes.
- ★ We will be outside, sweatshirts and sweatpants are recommended for colder weather.
- ★ Recommend a different pair of socks, as some of 3-4 grade PE classes are in the mornings.
- ★ **Deodorant is suggested- roll on only- NO aerosol sprays.**
- ★ Students will receive their effort and conduct grades for PE. Please see the Specials Grading sheet sent home (also posted on website) for the effort/conduct expectations.

All Students

Please label all physical education clothing with the student's name. This is very helpful when items are left behind.

If there are any health concerns that I need to be aware of, please call, email or send in a note with your child. If your child is not able to participate in physical education class because of illness or injury and will be out of PE class for one class period a parent note is acceptable. If your child will be out of PE class for two or more class periods a Dr's note is required., please send in a Dr's note with a return date. If they can participate in a modified activity please have that written on the Dr's note as well.

When a student forgets to bring clothes/tennis shoes, they will be expected to walk in a designated area for the duration of class. If a pattern occurs, a parent will be contacted.

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Junior High/Electives

- ★ Students will participate in PE class once a week. During PE, students will have the opportunity to work on motor skills and movement patterns, personal and social behaviors that respect self and others, apply strategies and tactics related to movement and performance, game play, and demonstrate skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- ★ Tennis shoes are required and comfortable gym clothes. **Clothes must be school appropriate-** loose fitting full t-shirt with sleeves- NO spandex- **see handbook for details.**
- ★ Students will be using the lockerroom to change into gym clothes.
- ★ We will be outside, sweatshirts and sweatpants are recommended for colder weather.
- ★ **Deodorant is suggested- roll on only- NO aerosol sprays.**
- ★ Students will receive a letter grade and an effort and conduct grade. **This grade will count towards athletics.**

All Students

Please label all physical education clothing with the student's name. This is very helpful when items are left behind.

If there are any health concerns that I need to be aware of, please call, email or send in a note with your child. If your child is not able to participate in physical education class because of illness or injury and will be out of PE class for one class period a parent note is acceptable. If your child will be out of PE class for two or more class periods a Dr's note is required., please send in a Dr's note with a return date. If they can participate in a modified activity please have that written on the Dr's note as well.

When a student forgets to bring clothes/tennis shoes, they will be expected to walk in a designated area for the duration of class. If a pattern occurs, a parent will be contacted.