

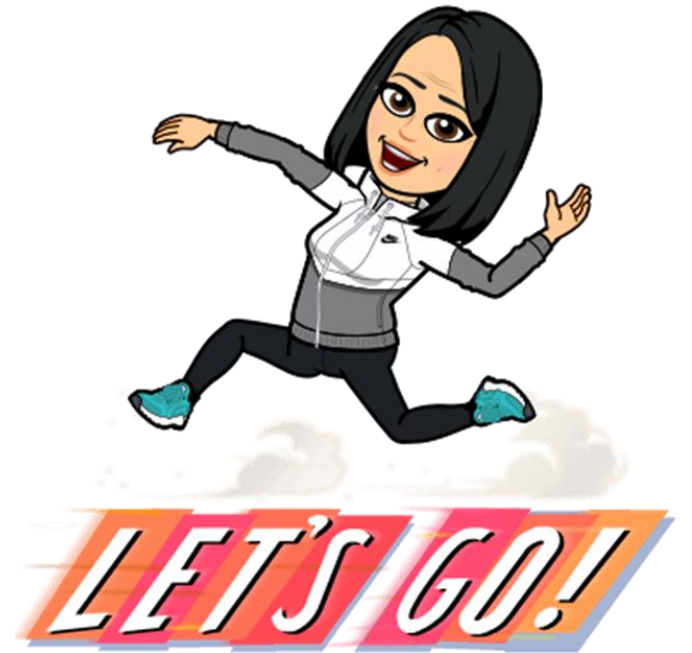
Physical Education Grades K-5

Reading Edge Elementary

Coach Rodriguez



Welcome to PE!



PE Goals

- have fun while learning what it is to live a healthy, active, lifestyle
 - Every PE class is to start with a warmup
 - Warm up is intended to show the students the benefits of warming up before a sports game or physical activity.
 - Benefits include; lower risk of injuries, increase flexibility and ability of functional movements, blood flow to the muscles, better range of motion and much more.
 - Creating good physical fitness and healthy habits for each student
- Basic nutrition
 - Learning to read food labels and nutritional facts
- learning the basics of functional movements and some sports
- help your child develop and improve their fitness and motor skills
 - providing activities/lessons geared towards their grade levels and abilities.
- Following Florida standard guidelines for PE
- Making lessons, creative, purposeful, and enjoyable!



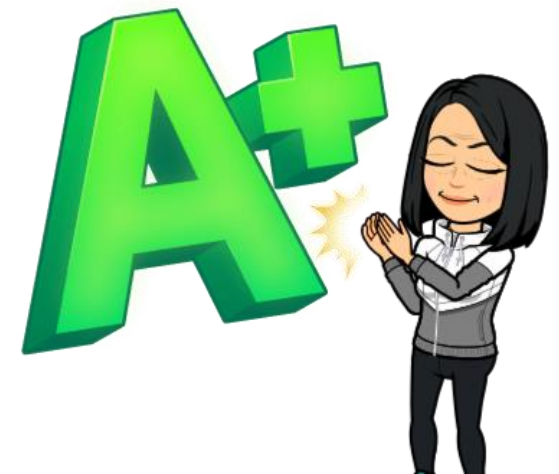
More PE Goals

- Some things I hope to include this year
 - Kids Heart Challenge by AHA (American Heart Association)
 - Kids Fitness Club
 - Making exercise fun
 - Running Club or event
 - 5K event



What is graded for PE

- Participation
 - Everyone is to participate in the warm up, activities and lessons
 - Must come prepared for PE with water bottle (with name) and proper attire
- Performance
 - Grasping the skills based on grade level and abilities
 - Staying on task
 - Following rules and procedures and safety instructions
- Behavior
 - Social skills and behavior
 - Kind and Respectful
 - Bullying is not tolerated!
- Class Incentives
 - STARS Chart
 - Each class is a team
 - Each class can earn up to 5 stars each PE class
 - Once they receive 5 stars they earn free choice
 - STARS stands for; staying on task, trying your best, active listening, respect, sportsmanship



PE Restrictions

- If your child has any medical concerns that I should be made aware of, please send me a note or an email.
- If your child has any PE restrictions for whatever reasons during the year, I need to have a doctors note listing the restrictions.
 - It is also important to include the dates those restrictions are to be put in place.



Contact Information

- Best way to contact me is by email
 - lrodriguez@readingedgeacademy.org
- You may send a note with your child to send to me
- Or contact the front office, 386-668-8911 to leave a note in my mailbox

