



Dear Parents and Students:

On behalf of the Shenendehowa Physical Education Department, we would like to welcome you to 6th grade Physical Education! As a staff, we ask that you review this packet with your student.

Physical activity is critical to the development and maintenance of good health. The goal of PE is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of physical activity. PE classes are offered on an every other day basis. Here are some important things to remember to be a successful student in PE class:

1. Students participating in physical education class are expected to dress appropriately for the activity of the day.
2. Athletic sneakers are to be laced and tied *tightly*. **Skateboarding shoes**, boots, slip-on and platform sneakers are not acceptable.
3. *No jewelry is to be worn during Physical Education class (i.e. watches, bracelets, rings, earrings or body piercing).*

We look forward to an exciting year of learning and growing together. If you have any questions or concerns, please feel free to contact your PE teacher *or* Becky Carman, Academic Administrator for Health and Physical Education K-12, at 881-0310, x61698.

Sincerely,

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Boys PE Office
881-0600 ext. 54549

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Boys PE Office
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Holli Mulholland
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6th Grade PE website:

<http://www.shenet.org/middle/academicdepts/MSPE/grade6pe/ms6pe.htm>

2011-2012

6th Grade PE Curriculum

Dates	Coach	Activity	Location
9/7 - 9/14	All	Orientation / Locker Assignments	Green Gym
9/15 - 10/21	All	Flag Football (skills co-ed)	Outside
10/24 - 11/4	All	Track & Field (co-ed)	Outside
11/7- 11/23	All	FitnessGram Pre-Test (co-ed)	Outside
11/28 - 12/23	M & E	Gymnastics (girls)	Green Gym
11/28 - 12/23	D & F	Wrestling (boys)	Green Gym
1/3 – 1/26	M & E	Swimming (girls)	Pool
1/3 – 1/26	D & F	Floor Hockey (boys)	Green Gym
1/30 – 3/2	M & E	Field Hockey (girls)	Green Gym
1/30 – 3/2	D & F	Swimming (boys)	Pool
3/5 - 3/30	All	Volleyball (co-ed)	Green Gym
4/2 – 4/20	All	Cavottaball (co-ed)	Green Gym
4/23 - 5/4	All	FitnessGram Post-Test (co-ed)	Green Gym
5/7 - 5/25	All	Lacrosse (skills co-ed)	Outside
5/29 - 6/19	M & E	Softball	Outside
5/29 - 6/19	D & F	Baseball	Outside

<u>Key:</u>	
M = Coach Mulholland	D = Coach de la Rocha
E = Coach Eggleston	F = Coach Fenton

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THINGS I NEED TO REMEMBER...

- **Master Lock**
 - A *combination* Master Lock will be provided for all boys & girls. Each student is responsible for this lock until June. If it is lost, you will be charged a \$10 replacement fee.
- **Deodorant**: Students are strongly encouraged to keep good hygiene before returning to their classrooms from PE. Spray deodorant is acceptable, as long as it is being used for its intended purpose.
- **Sneakers**: Students who frequently wear skateboarding shoes, boots or sandals to school are encouraged to keep a pair of sneakers in their PE locker. *Skateboarding Shoes* are unacceptable & will result in *zero* credit for that class! Acceptable sneakers are ones that are tied tightly (don't slip off during a kicking motion) and don't leave marks on the gym floor. If your child generally wears "acceptable" sneakers to school, he or she may elect to participate in the same shoes for PE class.
- **Warm Weather PE Clothes**: These will be used more frequently and are expected to be taken home & washed every other week (...or so). ***Please label all clothing with students name & school (ex: John Smith – Gowana).***
 - Athletic shorts
 - Short sleeve t-shirt
- **Cold Weather PE Clothes**: These will be needed during the colder days. Generally speaking, we stay outside until the Thanksgiving recess. Being prepared for class means being prepared for the weather! Hats & gloves are acceptable too, especially in November. ***Please label all clothing with students name & school (ex: John Smith – Gowana).***
 - Wind Pants or Sweatpants
 - Long sleeve t-shirt
 - Sweatshirt

Being prepared for PE... means changing out of your "school clothes" and into your "PE clothes" for class each day. Students are not allowed to participate in the same clothes they wear back to the classroom (except for their socks, underwear & acceptable PE sneakers).

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OTHER P.E. EXPECTATIONS...

➤ **Grading:**

In Physical Education, you will be graded on your demonstration of required skills (psychomotor), knowledge of presented materials (cognitive), your attitude (affective), preparedness and participation. Failure to meet these expectations will result in contact with your parent/guardian and your guidance counselor. You may need to make arrangements to make up classes before school.

➤ **Jewelry:**

You must remove all jewelry with the exception of medical alert bracelets and necklaces. In the event that you have your ears pierced, you must present a note from a parent indicating the length of time you will need to wear your earrings. During this period of time, a student may choose to wear a ski band or wrestling headgear (not a headband).

➤ **Hair Ties:**

Hair ties are mandatory to ensure that your hair is pulled back and out of your face for the duration of class.

➤ **Excuses:**

All excuses are to be brought to the school nurse before the start of homeroom. Your note should indicate the degree of modification or reduced activity for the day. **NOTE:** ONLY 5 “parental” medical excuses are allowed for the entire school year.

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