BILL REED PHYSICAL EDUCATION CLASS

Your Best Effort Is Always Good Enough!

REQUIREMENTS FOR CLASS

You must dress out. This means changing your clothes. You may not wear the same clothes you wore to school for PE. This defeats the purpose of changing and practicing good hygiene. You will need to bring deodorant that you can leave here at school. Your child will NOT have access to showers after a PE class. You will check out a PE locker and we will provide the lock to secure your items.

PE UNIFORM consist of tennis shoes (non-marking soles), shorts/sweats with elastic waistband/drawstring (no jeans or cargo shorts, only athletic clothing), and a grey Bill Reed t-shirt. You already have received a free t-shirt on 5th grade transition day. If you were not here that day, stop by the office and ask for one. We as a PE department sell PE shirts for $7. This is not a fundraiser. You may want two shirts so you can always have one here at school. For example, bring the clean one, take the dirty one home.

Students with ASTHMA must have their inhaler and use it correctly every day. You are expected to participate in all activities. Please make sure you have sign the self-carry form and turned it in to the nurse’s office.

We ask that you leave your PE clothes, deodorant, and inhaler (if you have more than one) in your locker every day. We do not want you taking your clothes home daily or even weekly. We want them here at school.

ATTENDANCE/PARTICIPATION

Any student with a non-excused absence will not receive credit for the activities missed.

A student must bring a parent note if they cannot participate for the day due to illness or injury. All assignments are expected to be made up for credit. When appropriate, we will still expect the student to change and attempt pre-class up to their ability.

A doctors note is REQUIRED if a student is unable to participate for more than two days.

ACTIVITIES

Students will be provided opportunities to choose between activities being offered by the PE teachers. Along with activities within the daily warm-ups.

Pre-Class – This is a warm-up activity involving running or exercises focused on improving strength, cardiovascular endurance, and flexibility.

Units – These are activities which participation is expected for around 12 instructional days. You will be taught the skills, rules, and strategies of the specific unit. Examples are: Rugby, Basketball, Frisbee, Table Tennis, etc....

Health Class: Health topics are covered during a portion of the PE semester.

6th – Health and Wellness  7th – Nutrition  8th – Healthy Decision Making (Tobacco, Alcohol, Drugs, and Sex Ed)

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