

Hilda Walker Physical Education

- **Mr. Acevedo**
- **Miss Crick**
- **Mrs. Mucha**
- **Mr. Radostits**
- **Mr. Chrusciel**



Our Philosophy

The Hilda Walker physical education program provides students with developmentally appropriate learning opportunities with meaningful content and instruction. All students will develop health-related fitness, physical competence, cognitive understanding and positive attitudes about physical activity that promotes a healthy and physically active lifestyle.

Our Vision

Inspire every student to maintain a
healthy lifestyle.

Our Mission

We believe that physical education is essential to the education of the whole child. The physical education program provides opportunities for students to attain skills, knowledge and attitudes essential for a healthy lifestyle.

Our Purpose

To introduce our students to a variety of wellness related activities so that they have the ability to develop a physically active lifestyle for a lifetime.

Expectations

KEYS TO SUCCESS!

Be Responsible

- **Wear proper shoes and attire**
- **Complete assessments**
- **Participate to the best of your ability**

Be Respectful

- to teachers and students, follow directions, and display good sportsmanship

Be Safe

- **Keep your hands and feet to yourself.**
- **Use equipment properly**

When you Enter the Gym

1st - Check the White Board for instructions!

Then – Follow the instructions (go to your spot, get equipment, go to fitness room, discuss with a partner, turn in assignment)

If the white board is not present, Go To YOUR PE spot

When you Exit the Gym:

Wait to be called to be dismissed.

Walk straight back to the black line.

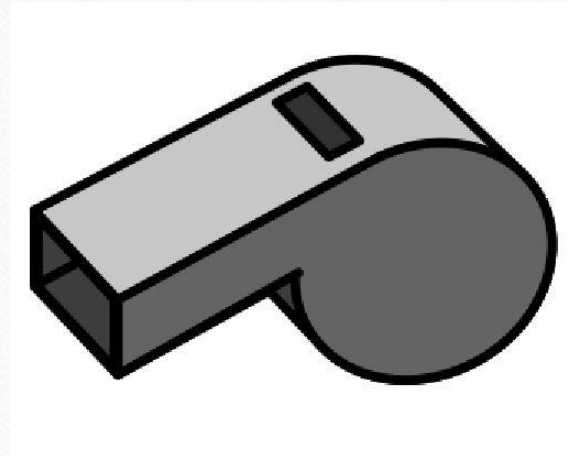
Exit single file keep your hands and feet to yourself

If you miss PE to see another teacher

- Check out with your teacher.
- Be responsible for information or assessments covered that day.

Stop Signal

- **When you hear the whistle:**
 - Stop
 - Sit
 - Look
 - Listen



Go Signal

- Do not move until you here the magic word...

“GO!”

Bathroom Procedure

- Use the Restroom during the passing period before and after class.
- Do not ask to use the restroom during warm-ups or instruction.
- Sign out and use a pass.
- You must ask before you leave the gym.
- If one teacher tells you NO, do not ask another teacher.

Learning Spaces

- Gymnasium
- Fitness Room
- Kitchen
- Lunchroom
- Outdoors

The Good Sport Code



**I am a good sport
and respect my classmates**





**I give my 100% best
and I will never give up**





Win or Lose...

I have fun and play hard





**I congratulate my
opponent when they win**



I love to win, but I do not brag



AFTER ALL...
IT'S JUST A GAME



ThePEspecialist.com



Team Sports

Ultimate Frisbee

Football

Volleyball

Basketball

Soccer

Kickball

Individual Sports

Bowling

Badminton / Pickleball

Recreational Games

- Bean Bags
- Disc Golf
- Spike Ball
- Kan Jam
- Kubb
- Dice Bonk

Fitness Activities

- Light Dumbbells
- Resistance Bands
- Trampoline
- Agility Equipment
- Steps
- Battle Ropes
- Yoga
- Pilates
- Drum Fit
- Jump Ropes

Health

Nutrition

Cardiovascular System

Skeletal System

Muscular System

Goal Setting

Grading

Formative Assessments:

- 25% of a grade.

Summative Assessments:

- 75% of a grade.
- Assessment may be based on
 - Skill
 - Cognitive Knowledge
 - Student's ability to apply skill/knowledge when working with peers.

Walker Physical Education Summative Reassessment Policy

- Below a 70% on any summative assessment ***will be required to complete a summative reassessment***
- Above a 70% on a summative assessment may have ***one optional opportunity per quarter.***
- The most recent score *will be recorded as the final score.*
- *The student will be required to fill out a reassessment reflection.*

Disciplinary Procedure:

Student disruption can affect the learning environment.

Teachers will do their best to manage disruption with verbal warnings, and student redirection.

However....

Students may face the following consequences.

- **Conference with a Teacher**
- **Time Out to Redirect Behavior**
- **Parent Phone Call or Email**
- **Conference with an Administrator**
- **Lunch Detention**
- **After School Detention**



Dress Code:

- Athletic footwear (non-marking soles) with shoelaces

Refrain from wearing shoes that are backless, slip-ons, platform sneakers, boot-like shoes, sandals, heeled shoes, flip flops, crocs or other unsafe footwear.

- Please dress appropriately for activity and weather conditions.
- Girls must wear shorts or tights under skirts in order to participate.
- Students should not bring electronic devices unless requested by teacher
- Do not wear jewelry during PE.

These items can interfere with class safety, activities, and limit participation.

EXCUSED FROM PARTICIPATION:

- If you need to be excused from activity, have your parent/guardian write a note.
- Bring the note to your PE teacher before class begins.
- A note is valid for one day unless otherwise stated.
- A note from a parent/guardian will excuse a student from class participation for a maximum of 3 consecutive days.
- If you need to sit out of PE, you should also sit out of intramurals and after school sports.

EXCUSED FROM PARTICIPATION:

- Parent note should include the following
 - Student name
 - Date
 - Parent/guardian signature and contact number or email
 - Any modifications that can be made or ways in which the student can still participate

Doctor's Note:

- If a student is unable to participate for more than three (3) days, a physician's note is required.
- The student should bring the note to the nurse to be recorded; a copy will then be given to the PE teacher.
- Doctor's notes should include: Student's name, limitations, modified activities, or restrictions allowed (i.e. can bounce ball right-handed, but not with the left),
- Duration of the limitations, as well as when they can fully participate again.

School Nurse Note:

- If you get ill or hurt during the school day, you must see the school nurse for a note in order to be excused from participation.
- A school nurse's note is only good for one school day.

Injuries During Class:

Must be reported to the teacher immediately, so that proper treatment can be given.

Communication:

- Teacher Web Page: www.summithill.org
- Remind: Signing up for Remind gives you the opportunity to receive reminders and updates of the happenings in your student's PE Class. To enroll text @wildcatspe to the number 81010

Disaster Drills:



FIRE
DRILL



TORNADO
DRILL



LOCK
DOWN
DRILL

Disaster Drill

- Place equipment safely on the floor.
- Walk to the black line
- Quietly exit