

LJES Physical Education 2019-2020

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Hello Parents!

We are excited to be heading into another year of physical education at LJES! Our goal in physical education is for everyone to find their own success when participating in a variety of activities. This enables students to develop a positive attitude towards physical activity and to develop healthy habits which will hopefully continue throughout their lives.

Your child's homeroom class has been assigned a color – Blue, Yellow, Red or Green. Please make note of it. This year the special's schedule will be the same from week to week. Yellow/Blue classes will have PE on Mondays and Wednesdays. Red/Green classes will have PE on Tuesdays and Thursdays. All classes will be in the gym on Fridays for CAMP – **C**ombined **A**rt **M**usic **P**hysical Education. **Please ensure that your child wears tennis shoes on PE days.** I grade each child on participation and in order to participate they must be dressed appropriately. *If your child does not wear appropriate shoes, he/she will be assigned an alternative assignment.*

RED – 3 rd - Ireson, Meador ¼ , Melvin, Mullis ¼	4 th – Wetsel, Peavy	5 th – Edwards, Goodroe
GREEN – 3 rd - A. Layfield, Meador ¼, Spence, Mullis ¼	4 th – Lumpkin, Quattlebaum	5 th – Turcotte, McCorkle
YELLOW – 3 rd – F.Layfield, Meador ¼, Shealy, Mullis ¼	4 th – Terry, Mayes	5 th – Langevin, Thomas
BLUE – 3 rd – Woods, Meador ¼, Ware, Mullis ¼	4 th – B.Thomas, Edwards, Sanders	5 th – Shipp, Voigt

If your child becomes ill or injured and is unable to participate we must have a note from a parent or guardian. If your child needs to be excused for three or more classes a physician's statement is required and alternative activities will be provided. In a situation such as this, please also submit a release statement from the physician as to when your child is cleared to participate.

As part of the Governor's Shape Initiative, all schools in the state of Georgia must administer the Fitnessgram assessment to students grades K-12. The FITNESSGRAM tool used for SHAPE's annual standardized fitness assessment evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility and body composition using objective criteria. For students in grades K-3 the information gathered includes height and weight. Beginning in 4th grade, along with the height and weight portion of the assessment, students will be assessed on curl-ups, push-ups, sit and reach as well as the PACER (which measures aerobic capacity). We begin assessing our students in January. If you would like more information on this assessment you can find it at www.georgiashape.org. If you have any questions for me, please feel free to contact me at the address above.

Dress Guidelines:

- For the safety of each student **ONLY TENNIS SHOES** will be allowed on the gym floor. The students are very active while in PE, therefore it is a safety concern if they wear inappropriate shoes. **Flip-flops, sandals, high heeled shoes/boots, Crocs, Sperry's, Five-Toe shoes, Bobs, TOMS, cleats are NOT allowed.** The appropriate shoes need to be athletic shoes that **LACE UP** so that they can be tightened if needed. *No slip on shoes allowed....this includes Vans. Vans ARE allowed as long as they LACE UP. Thanks for understanding.*
- Shorts must be worn under all dresses and skirts.
- If there are special dress up days in school, i.e. pajama days, etc, please bring tennis shoes for PE.