

Physical Education
J.E. Cosgriff Memorial School 2009-2010

Dear Parents,

My name is Brett Allen. I am the Physical Education Teacher at JE Cosgriff Memorial School. As you know, it is important to me that a quality physical education program is offered to students as part of the general curriculum at JE Cosgriff Memorial School. I will be using the following programs, rules and grading policy below. Please read through carefully, feel free to contact me anytime with any questions. My email address is allen@cosgriff.org

Curricula and Programs

1. Utah State Core
2. President's Fitness Challenge (www.presidentschallenge.org)
3. SPARK (Sports, Play, and Active Recreation for Kids)
4. Gold Medal Schools Program (www.hearthighway.org)

Materials Needed

1. PE Shirt
2. PE Shorts
3. GYM SHOES!!! (Non-marking soles)

In order to provide the best possible experience for your child we must work together as a team! Please remind your child to dress appropriately for physical activity.

Rules

1. Listen and Follow Directions
2. Keep all body parts to yourself
3. Respect others and equipment
4. Be a Good Sport
5. Do your Best and have FUN!

Positive Consequences	Negative Consequences
1. Learn to Live an Active and Healthy Lifestyle	1. Verbal Warning
2. Increase Knowledge, Develop Social Skills	2. Time Out/Penalty Box
3. Receive Praise, call home, or "Tiger Paw"	3. Referral-Principal and Parent Notification

Grading

The grading system that will be used is points earned/points possible. Grading percentages will be followed as listed in the Student handbook.

1. Each student may earn up to 10 points per class time attended.
 - a) A student must be fully clothed in proper PE attire (PE shirt, PE shorts, and GYM shoes), and...
 - b) Students must follow classroom rules, use a positive attitude, and show improvement in personal skills and strength. This merits a full 10 points.

- c) Failure to listen or follow directions (Time-Outs) may result in 1-3 point reduction.
2. Assignments or Tests for each Unit will be worth an additional 10 points.
3. President's Fitness Testing (7 tests total) will each be worth the following:

President's Level	10 points
National Level	8 points
Participant Level	7 points
4. Not dressed in a PE shirt or PE shoes will result in an automatic deduction of 4 points. Not dressed in GYM SHOES will result in 0 points for the day. NO DRESS days may NOT be made up (unprepared).
5. ABSENT- If a student is absent, he/she may make up 9 out of the 10 points possible by doing the following:

Grades 3-5: Exercise at least 60 minutes and write/type a 3-5 paragraph paper sharing his/her experience about the exercise. He/she may write where it took place, how long, what time, and what type of exercise. A **parent signature** is also required on the make-up assignment. Any additional details may be added to paper.

Grades 6-8: Exercise at least 120 minutes and write/type at least 5 paragraphs sharing his/her experience about the exercise. Again, share or discuss where it took place, how long, what time of day, and what type of exercise. A **parent signature** is also required on the make-up assignment. Any additional details may be added to paper.

Absent papers must be handed to the Teacher (me) at the beginning of PE class the week(s) following the absent. If desired to turn in earlier, a student may slide it under my office door before or after school, or turn it into the front office and have a secretary place it in the proper mailbox. Any absent work not turned in the week following the missed class, will result in 0 points (refer to school handbook). If a student is absent for class during the week of the end of a quarter or semester, all work must be made up and handed in prior to the end of the last quarter/semester day.

Physical activity must be done regularly to achieve health benefits. Therefore, your child's participation is very important. If he or she is unable to participate in all activities please let me know via hand written note or email prior to scheduled class. It would be helpful if the note states the specific nature of the ailment and your suggested restrictions.

.As some of you already know, I will also be embarking on another new adventure this fall. I will be furthering my education at the University of Utah, seeking a Masters in Exercise Sport Science. So with night classes and working at another school, I am requesting your patience in communication with me via email. I will do my best to check and respond to school messages on the following days I am at Cosgriff: Tuesdays, Thursdays, and Friday mornings. I am excited and look forward to another outstanding year at JE Cosgriff School!

Thanks,
Brett Allen

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Month	President's Fitness Test Focus	Integrated Sport Unit
August	ASSESSMENT (Testing)	Frolf (Frisbee Golf)
September	1/2 or One-Mile Run (min:sec)	Ultimate Frisbee
October	Push-Ups (#)(in rhythm 1 per 3 sec)	Flag Football
November	Curl-ups (# in one minute)	Basketball
December	Sit and Reach (centimeters)	Basketball
January	Flexed Arm Hang (sec)	Volleyball
February	Pull-Ups (arms fully extended)	Handball
March	Shuttle Run (seconds)	Soccer (indoor)
April	TESTING	Softball/Baseball
May	Awards	Lacrosse or Tennis

Please refer to the back side of this page for the Presidential Fitness Qualifying Standards. You will find the top table is the Presidential Fitness Level. The lower table is the National level. Each lists the appropriate age, gender, and fitness goal per student. Please continue to work with your child to help develop an active and healthy lifestyle. New this year, adults may also log on and participate in the President's Fitness Challenge! www.presidentschallenge.org