

Physical Education Guidelines



I would like to notify you of the physical education rules and expectations that will be implemented all year. I will expect your child will follow directions, listen carefully, respect others, respect school property/ equipment, and play safely. If these rules are not being followed then your child will be given a warning. If the behavior continues, I will ask your child to take a time out from activity for a brief period of time. I will conference with your child and ask them to correct their behavior. If the behavior still continues then I will sit your child the rest of the class with a phone call home.

Appropriate Footwear—Shoes with non-marking soles that are designed for physical/sport activities are required. Boots (rain, snow, hiking, cowboy, etc.), cleats, sandals, “dress shoes,” platform sneakers, Heelys, and backless sneakers ARE NOT safe shoes to wear during physical activity and/or can cause damage to the gym floor.

Comfortable Clothing—Students are often asked to move upside down and on the ground. Therefore, dresses without shorts underneath and “best clothes” are not appropriate. Jewelry can also restrict movement and is a safety concern for all. Bracelets, necklaces, large earrings, and rings should not be worn during physical activity.

Maximum Participation—If your child is unable to participate in physical education, a **written** excuse from you or a physician is required. If an injury allows some participation, please specify in the note which activities are appropriate for your child. Please also notify me in writing if there are health concerns that I would need to know about such as a bee allergy, asthma, etc.

Leanne Zimmerman – Teacher

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