The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:

- has learned the skills necessary to participate in a variety of physical activities.
- knows the implications and the benefits of involvement in various types of physical activities.
- participates regularly in physical activity.
- is physically fit.
- values physical activity and its contributions to a healthful lifestyle.

Student Learning Standards

National Learning Standards for K-12 Physical Education - Will be listed on the Physical Education Classroom Webpage

New York State Learning Standards (K-12) - Will be listed on the Physical Education Classroom Webpage

What students need for class:

T-shirt and/or Long Sleeve shirt

Sweatshirt

Shorts and/or sweatpants

Sneakers ***A pair that will be left in their PE locker

Extra Socks

Personal Items (deodorant, hair ties, container for jewelry in locker, comb/brush)

All students are expected to change into clothes that they did not wear to school that day for PE class.

Swimming: Diane Hicks-Hughes (Aquatics): DHicksHughes@lcsd.k12.ny.us

All students will have a swimming unit that is part of their PE grade. Students may bring in their own swimsuits (must be one piece for girls) or they may use a school issued suit. Towels are provided for all students. The American Red Cross Learn to Swim program is used as the curriculum. If your child participated in a summer Red Cross swim program, please send in a copy of the card/certificate if a level was completed. Contact Diane Hicks-Hughes with questions specific to swimming.
Students with Medical Excuses

- Have your child’s doctor fill out the “Physical Education and Recess Participation Checklist.” It is on the LMS website Health Services page, AND will be on the Physical Education Classroom webpage.
- Students excused or limited in PE must give the checklist or medical order from their doctor to the School Nurse first thing in the morning. The form may also be faxed to the school nurse directly from the doctor.
- If a student has activity restrictions in PE, they will also be restricted during recess in the same manner.
- Students who are limited in PE because of an injury must have activities listed that they can participate in or specific limitations that need to be followed during class (for example: Sally can participate in partner activities that do not involve any contact – or – Dave can participate in activities involving the lower extremities only – or – Susan can swim but must wear earplugs).
- We will do our best to get injured/medically restricted students involved in the activity if possible.
- Students who cannot participate are still responsible for learning the content (rules, game strategy, skill cues, concepts) of the unit being taught even if they cannot fully participate.

Participation

Students are given a daily participation grade based on the rubric below. Class Participation is 80% of their 10 week grade. The remaining 20% will include unit tests, projects, assignments, and skill assessments.

*** Points will be lost when students are not prepared for class.

<table>
<thead>
<tr>
<th>0-3 Points</th>
<th>4 – 7 Points</th>
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<tbody>
<tr>
<td>Zero to minimal participation displayed regardless of skill level. Student lacks self-control (includes inappropriate language) at times and/or needs reminders and encouragement from others to participate in a safe, fair, energetic and/or respectful manner.</td>
<td>Minimal to average participation displayed regardless of skill level. Student participates safely, demonstrating self-control, fair play and respect for others.</td>
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<tr>
<td><strong>8-9 Points</strong></td>
<td><strong>10 Points</strong></td>
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<tr>
<td>Above average participation displayed regardless of skill level. Students participate energetically and safely, demonstrating self-control, fair play, and respect for others.</td>
<td>Exemplary participation displayed regardless of skill level. Student demonstrates fair play and appropriate competitive behavior. Student participates energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Students appropriately challenge themselves and others to high levels of performance.</td>
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