



ELEMENTARY PHYSICAL EDUCATION

Physical Education is an integral part of the total educational process. It contributes both to the physical and mental development of the individual. Therefore, we feel as the Department of Physical Education at Trinity that it is our duty to enhance the quality of life of our students by way of educating them about health and fitness. We are dedicated to helping students achieve total wellness in their lives. Wellness is a state of healthy balance whereby an individual makes sound decisions regarding exercise and fitness, nutrition and diet and health habits. We teach and encourage our students to make healthy lifestyle choices in order to be more productive and healthier members of society.

Dress:

Proper attire is important for the student's safety; therefore, all students are required to wear the appropriate footwear, gym shoes only. (no hiking boots, deck shoes, sandals, etc...) Students will not be allowed to participate without proper shoes. If your son/daughter cannot tie shoes please have velcro shoes.

Expectations

1. Be on time and prepared for class (proper attire)
2. To participate up to your capabilities (Give your best effort)
3. Demonstrate good sportsmanship
4. Be respectful towards teachers, classmates and all equipment
5. Develop a positive attitude for wellness
6. Have a positive attitude at all times

Discipline

Listed below are the most common ways to receive a disciplinary action:

1. Improper attire
2. Insubordination and not following expectations
3. Disrespect for equipment, facilities, other students and staff
4. Food, Drink or Cell Phone in locker room
5. Abusing the activity cards

Grading (5 Points a day)

Grading will be done on a total points system separated into categories:

- 1 Points- Cardiovascular and stretching
- 1 Point- Participation during activities
- 1 Point- Positive attitude during class activities
- 2 Point- Total effort on all activities

Medical

Students may be excused from participating from class with a note signed by their parents, school nurse, athletic trainer, physical therapist or doctor. Your parents may excuse you from participation in class for only 2 consecutive days . The doctor notes should be given to your teacher and school nurse as soon as possible.