

# Starkey Physical Education Rules & Expectations

## Entering and Exiting

1. Line up in an orderly manner and walk quietly to and from PE class
2. WALK to and from the "Stars" to your "dots" in straight lines
3. Sit quietly "Criss Cross" on your "dot" ready to listen.

## Behavior at PE

4. When the PE teachers talk – you should be listening.
5. Keep hands to yourself at all times.
6. Do not run unless you are told to run (especially on the court).
7. Safety precautions must be used at all times – use common sense.
8. Proper footwear (Sneakers) must be worn at all times and kept tied.
9. Always practice good sportsmanship – encourage others.
10. No Gum, candy, cough drops, pencils at PE
11. Be kind to your fellow students.
12. No climbing trees or fences- let a teacher know if you need help.
13. Equipment stays put unless you have been instructed to touch it.
14. If the whistle blows or you hear the word "freeze" – STOP and be ready to listen.
15. If you hear a fire alarm, immediately line up with your PE teacher. NO TALKING!
16. Golf cart is for adult use only. No running next to it or climbing on it.
17. Stay out of the PE shed unless given permission.

## Grading/ Injuries / Restrooms / Drinks

18. Two grades are given in physical education. A skill grade is given based on your performance and a conduct grade is given based on your behavior.
19. If you cannot participate in PE you must bring a note from home.
20. If you are out for an extended period of time you must bring a note saying you are able to participate.
21. If you get hurt at PE tell a PE teacher immediately – DO NOT wait until you get back to class.
22. Ice is only for injuries – not to drink.
23. We have Water Fountains available at PE. Please ask PE teacher for permission.
24. Remember to use the bathroom before PE. In an emergency, you may ask to use the restrooms next to the Red Playground. Always use the "buddy system".

## New Students / YMCA / Hallway

25. Please help new students learn the Starkey way at physical education.
26. YMCA/Recess students are expected to follow the same rules that we have at PE.
27. Remember to use silent waves when you see us around the building. Calling out our names may get you in trouble.

**\*SHOW GOOD SPORTSMANSHIP AND HAVE FUN AT ALL TIMES!\***

# Starkey Elementary School

## Physical Education Discipline Plan

### PE Rules:

1. Follow directions the first time they are given.
2. Stay on task
3. Use positive language – NO put downs
4. Demonstrate good sportsmanship
5. Follow all safety and equipment rules
6. Be prepared to learn each day

### Consequences:

- 1<sup>st</sup> Consequence – Verbal Warning / Name recorded
- 2<sup>nd</sup> Consequence – Isolation from the group (Time-out)
- 3<sup>rd</sup> Consequence – Isolation from group for the remainder of PE
- 4<sup>th</sup> Consequence – Call for an administrator and inform parent/guardian (Call or note home)

### Severe Disruptions:

Students who make the following choices will immediately be taken to the office:

- Willfully harming another student or staff member
- Refusing to obey the teacher
- Engaging in any activity prevents others from learning

### Incentives for following the rules:

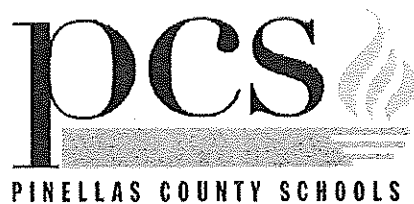
- Special privileges / Leadership roles
- Positive stickers
- Tennis Ball / Special awards

Starkey Elementary School

Physical Education

Mission Statement

Starkey Physical Education strives to instill in students the skills and knowledge necessary to lead a physically active lifestyle. Students will engage in a comprehensive program designed to build sportsmanship, character and confidence.



Parents of Physical Education Students:

Our Physical Education Department will be testing your child on the health components of fitness. We strive to help students understand the health components of fitness, how they are being assessed, and then how to use their personal information to develop a lifelong fitness program that they enjoy.

Pinellas County Schools uses FitnessGram protocols to test the five health components of fitness: aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility.

- Aerobic capacity/cardiovascular endurance tests include the Pacer test.
- Body composition is determined by Body Mass Index (BMI). The BMI is a calculation of the ratio of weight to height. Pinellas County Schools will use this method. Weighing and measuring will be done discreetly during class.
- Muscular endurance is measured by using the curl up which measures abdominal strength and endurance, and the trunk lift which measures strength and flexibility. Muscular strength is tested by push-ups.
- Flexibility is measured by the sit and reach test.

Each test measures minimal fitness and compares the student's score to the healthy fitness zone for their age and gender. The test also gives the student pointers on how to either improve or maintain their fitness level. It is our goal to help students make good choices in their fitness activities so that they can live a long, healthy life.

Students' fitness results will be made available for all parents. Resources to assist parents with additional information may be found on the PCS website under: Parents and Students/ Safety and Wellness/Wellness/ FitnessGram.

If, for any reason you prefer that your child not be tested, or have any questions/concerns, please contact your child's physical education teacher.

Sincerely,

Physical Education Department  
Pinellas County Schools