Physical Education Expectations

2025-26

Attire and Shoes

To ensure we are providing your student(s) with a healthy and safe environment, we need everyone to understand basic expectations for PE class.

Clothing: Must fit comfortably. Preferably clothing made for activity.

Shoes: Sneakers with rubber soles, arch support, with ties or Velcro. If you wear "Slip-on" sneakers, make sure they do not slip off. Sandals, boots and heels are not allowed.

Special Announcements

DON'T FORGET YOUR WATER!!!

Calendar / Events

Aug. 11 – After school clubs begin. Registration information available at "Cox Connection" newsletter.

GRADING

Grades K-3 will be given a P/F grade based on participation and sportsmanship.

Grades 4-8 will be graded based on the following:

Daily Participation/effort - 5 points a day

- Coming prepared 1 point
 *Proper clothes, shoes, water
- Participation 3 points
- Making the class better 1 point
- *being respectful, following directions and sportsmanship.
- Objective/Subjective testing on skills based on grade level standards.

Coach Renken

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Coach M

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RESTROOMS may
be used one
student at a time,
with pass and
teacher permission.



Physical Education News K-6

August 4-8

What We're Learning Grades 4-6

This week we will focus on preparing for fitness testing.

Students will learn proper form for the following skills:

- 1. Push-ups Monday
- 2. Sit-ups Tuesday
- 3. Sit n Reach Thursday
- 4. Pacer Friday

Students will learn how to observe proper forms to learn how to determine if someone is doing a proper push-up or not.

Students are graded completely by effort.

Calendar / Events

August 7 – Locomotor Assessment K-3

August 11 – Fall clubs begin

August 11-15 - Fitness

Testing Grades 4-6

August 29th – Half Day –

A Schedule

September 1 – NO SCHOOL

Next Month

PATRIOT DAY more information to come

GRADES K-3 LOCOMOTOR SKILLS

ASSESSMENTS ARE THURSDAY, AUGUST 7th.

Assessments will be on:

- 1. Walking/Marching
 - 2. Jogging
 - 3. Skipping
 - 4. Galloping
 - 5. Hopping

We will be practicing all skills the entire week.

Coach Renken

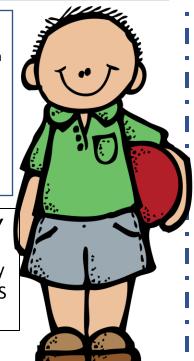
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WELLNESS WEDNESDAY

Did you know that every Wednesday is WELLNESS WEDNESDAY?



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