

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.

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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.

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WELLNESS WEDNESDAY

Did you know that every
Wednesday is WELLNESS
WEDNESDAY?

