

**Let's Get Moving!**  
**Physical Education 2017-2018**



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Our goal as physical educators is to teach students the knowledge and skills for movement to provide the foundation for a physically active lifestyle. Students will develop all of the physical, emotional, intellectual, and social benefits that will enhance their academic abilities.

Our class offers many exciting skill units including individual and team sports, cooperative learning games, and leadership activities. Students will learn how to make healthy choices, engage in physical fitness, and many more opportunities that will enhance their knowledge in physical education. To make this program a valuable learning experience for your child/children, the following procedures and expectations are as followed:

**Participation:** Physical education is an important part of a child's educational experience and is required by state law. A written excuse is required in the event a child needs to be excused from participation in physical education. If he or she cannot participate for a period of more than 5 days, a doctor's statement must be presented to the school nurse. A note from the physician releasing the student to return to regular participation in physical education will also be required. Each student will be given an alternate assignment to complete each day they do not participate in class. This assignment allows the student to earn their participation points for that day.

**Appropriate PE Attire:** For the safety of the children all students should wear tennis shoes with laces to class everyday. Girls who wear dresses or skirts to class must wear shorts underneath. Each student needs to be prepared for activity everyday.

**Physical Fitness Assessment:** The District conducts yearly physical fitness assessments of students in grades 3-12 who are currently enrolled in a PE or PE alternative class called "Fitnessgram." This assessment includes height, weight, sit ups, pull ups, trunk lifts, pacer test and arm stretch.

**Outdoor Safety Heat Precautions:** The heat index becomes an important factor with outdoor activities. Each campus considers the heat factors (temperature, humidity and sunshine) at their campus and will monitor all outdoor activities carefully. We encourage all students to drink water throughout the school day and during the evening hours at home and in the morning before they arrive at school to help keep the students properly hydrated.