

St John the Baptist Catholic School's PE program and lessons are aligned with the CA Physical Education Standards at: <http://www.cde.ca.gov/be/st/SS/documents/pestandards.pdf>

Grading – Students are graded strictly on their effort in class and the ability to follow the rules and procedures set forth by the class guidelines. Each student begins with zero points and can earn maximum of (5) points by the end of the period. Points are never taken away; instead, points are not awarded when undesirable behaviors or actions occur.

Grade 4th-8th

Uniform –1

Citizenship-1

Participation-2

Behavior-1

Total – 5

Policies

- Students in grades K-3 do not change for PE be the MUST wear safe running shoes the tie or fight tightly to the foot. Girls must wear shorts under their skirts.
- Students in grades 4-8 need to dress out in full PE uniform (see SJBCS Handbook). This includes free dress days. Students must wear appropriate shoes for running.
- If a student is unable to participate in PE due to an injury, a doctor note is needed to excuse and re-instate student at a safe PE activity level. If a student has a minor injury a parent note is also needed to excuse them from PE. In both cases, the student will have to sit out the entire class due to the chance they may get re-injured.

12 Rules for PE Class (Adopted from the Essential 55 by Ron Clark)

1. If you win, do not brag. If you lose, do not show anger.
2. Make eye contact.
3. Respect other student's comments, opinions, and ideas.
4. Congratulate a classmate.
5. Do not show disrespect with gestures or in words.
6. Surprise others by performing random acts of kindness.
7. Be as organized as possible.
8. When offered something only take your fair share.
9. If someone bumps in to you, say excuse me, even if it was not your fault.
10. Stand up for what you believe in.
11. No matter the circumstances, always be honest.
12. Be the best person you can be.

