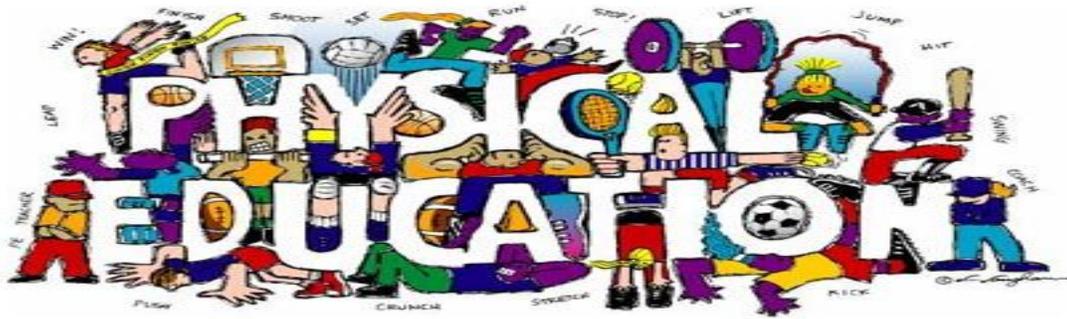


# Canyon Rim Physical Education Newsletter



September 2018

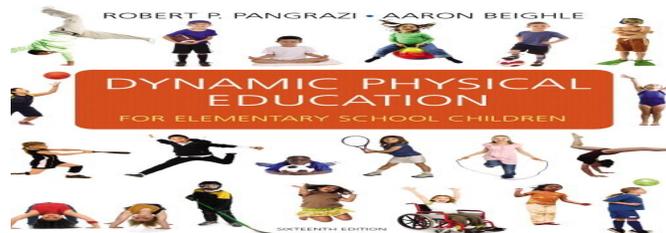
## Welcome to Canyon Rim Physical Education!

My name is Greg Howell, and I am the Physical Education Teacher at Canyon Rim. I have taught P.E. at Canyon Rim for the past eight years. I look forward to working with all of the wonderful students, parents, and community members throughout the course of the 2018-2019 school year.

## Philosophy:

Physical Education contributes to the holistic development of today's youth. It helps improve students' cognitive development, social development, and psychomotor development. Physical Education classes teach students the importance of being physically active and eating well so they can live a healthy lifestyle today and throughout their lifetimes.

## Curriculum:



Canyon Rim implements Dynamic Physical Education. The Dynamic Physical Education Curricular Module consists of a four part lesson.

Part 1. *Introductory Activity*: Prepares student for vigorous activity.

Part 2. *Fitness Activity*: Includes a variety of fitness routines that help improve the body composition, cardiovascular fitness, flexibility, muscular endurance, and muscular strength of students.

Part 3. *Lesson Focus*: The instructional component of the lesson where students learn new skills and review previously-learned skills.

Part 4. *Game/ Debrief*: Serves as a positive conclusion to the lesson.

Please email Mr. Howell at [Gregory.Howell@Gilbertschools.net](mailto:Gregory.Howell@Gilbertschools.net) if you would like an electronic copy of the Gilbert Public Schools Physical Education Pacing Guide.

**Physical Education Rules & Expectations:**

Rule #1 - Follow directions.

Rule #2 - Freeze (stop, look, listen).

Rule #3 - Respect (everyone & everything).

Rule #4 - Always try your best.

**Discipline System/Possible Consequences:**

1. Quiet warning (student will receive a verbal warning).
2. First time-out/thinking time (student needs to complete the P.E. discipline documentation form).
3. Second time-out/thinking time (student stays in time-out for the remainder of the class).
4. Parent involvement (Mr. Howell will contact parents after the third time a student is sent to time-out).
5. Principal involvement (Mr. Howell will send students to the principal's office for major or consistent behavior infractions).

Please note a student's grade will be lowered after the second time they are sent to time-out during a quarter.

**Grading Scale:**

E - Excellent

S - Satisfactory

NI - Needs improvement

**Grading Protocol/ Criteria:**

Students are graded in three specific areas: participation, behavior, and attitude. Students are not graded based on how well they can perform a specific athletic task.



**Physical Education Dress Code:**

Students are required to wear the proper attire to Physical Education class. Athletic/tennis shoes must be worn at all times. Flip-flops, sandals, high heels, and boots are prohibited. Students are encouraged to wear shorts or pants.

Students may wear hats and sunglasses when class takes place outside. Please note students will lose participation points if they do not wear the proper attire to class.

**Class Schedule:****Mr. Howell's 2018-2019 Physical Education Schedule:**

<b>Day/Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:40-9:20	Devar 3 <sup>rd</sup>	Holmen 3 <sup>rd</sup>	Flex	Adamo 3 <sup>rd</sup>	Vequist 3 <sup>rd</sup>
9:25-10:05	Brigham K	Jones K	Flex	Dooling K	Decotiis K  Beezhold Overflow (Starks)
10:10-10:50	Blakey 5 <sup>th</sup>	Schmitz 5 <sup>th</sup>	Flex	Gifford 5 <sup>th</sup>	Mr. G. 5 <sup>th</sup>
10:50-11:35	Franco 6 <sup>th</sup>	Raines 6 <sup>th</sup>	Flex	Krick 6 <sup>th</sup>	Krieger 6 <sup>th</sup>
11:35-1:10	Lunch/Prep *Classroom Prep	Lunch/Prep *Extra Curricular/ Event Prep	Lunch/Prep * Lunch Time Sports	Lunch/Prep *Behavior Intervention Groups	Lunch/Prep *Special Areas Prep
1:10-1:50	Holden 4 <sup>th</sup>	Buckland 4 <sup>th</sup>	Flex	Holgerson 4 <sup>th</sup>	Garbison 4 <sup>th</sup>
1:55-2:35	Kochaji 1 <sup>st</sup>	Ferreira 1 <sup>st</sup>	Flex	Livengood 1 <sup>st</sup>	Alvarez 1 <sup>st</sup>
2:35-3:15	Campbell 2 <sup>nd</sup>	Alvin 2 <sup>nd</sup>	Flex	Hines 2 <sup>nd</sup>	Beehler 2 <sup>nd</sup>

**Extracurricular Events:**

The physical education department is responsible for organizing a multitude of extracurricular programs and events.

**Field Day:**

In the fall, all K-6 students will participate in a school-wide field day. The field day promotes the importance of living an active and healthy lifestyle through a variety of physical education games and activities. Please note parent volunteers will be needed to help facilitate this event. Mr. Howell will request volunteers closer to the event date.

**Water Day/Track and Field Day:**

In the spring, all K-6 students will participate in a water day and/or a track-and-field day. The water day/track-and-field day promotes health and wellness through a variety of activities and games. Please note parent volunteers will be needed to help facilitate this event. Mr. Howell will request volunteers closer to the event date.

**Lunchtime Sports:**

Fifth and sixth grade students have the opportunity to participate in organized athletic games during their lunch recess time. Lunchtime sports allow the opportunity for students to compete in various sports (flag football, soccer, basketball, volleyball, etc.) through an organized and safe environment. Permission slips will need to be filled out by a parent/guardian in order for students to participate in the lunchtime sports program.

\*\*At the conclusion of each lunchtime sports season, students who win the championship may have the opportunity to challenge Canyon Rim teachers and staff members in an organized school-wide event.

**Running Activities:**

Canyon Rim will host a variety of running activities throughout the 2018-2019 school year. Please stay tuned, as the Physical Education department is collaborating with Canyon Rim's PTA and district-wide Physical Education teachers to work out specific event details and dates.

**Community Involvement:**

The Physical Education department welcomes community involvement and parental support for all of the school's extracurricular events.

**Tax Credit Information & Link:**

[http://www.gilbertschools.net/UserFiles/Servers/Server\\_63480/File/Tax%20Credits/Tax%20Credit%20Donation%20Form%20-%20Elementary.pdf](http://www.gilbertschools.net/UserFiles/Servers/Server_63480/File/Tax%20Credits/Tax%20Credit%20Donation%20Form%20-%20Elementary.pdf)

**Questions or Concerns:**

Please feel free to contact Mr. Howell at any time via email if you have any questions or concerns. I look forward to a fun and exciting school year.

Thank you,

Greg Howell

[Gregory.Howell@Gilbertschools.net](mailto:Gregory.Howell@Gilbertschools.net)

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