

## GROVES ELEMENTARY PHYSICAL EDUCATION

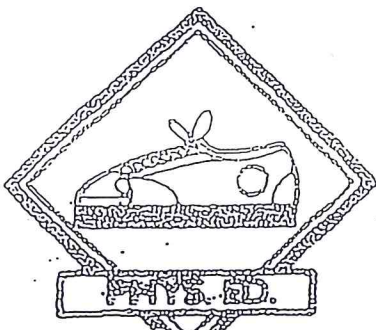
The Groves Elementary Physical Education Department would like to give a warm welcome to all of our "new" students and a "glad you're back" to our returning students. We strive here at Groves Elementary to help promote good health and physical fitness, good sportsmanship, teamwork and most importantly to keep your child safe at all times.

We hope that some time during the next year your student will find something in Physical Education that they really enjoy. As a Texas Education State mandate for Physical Education we will be implementing Fitnessgram tests. It includes a variety of health-related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. As a Texas Education State mandate for Health Education, we will also be implementing our CATCH program for good nutrition and activity through physical education classes. Some of the items that will be covered this year will be basic Basketball Skills, Recreational Games, Scooter Relays and Scooter Hockey, Basic Volleyball Skills, Bowling, Table Tennis, Juggling and Jump Rope Activities, Line Dancing and many other activities.

We have our basic "gym rules" posted around the gym. There are only a few dressing requirements that we must enforce for your child's safety, for our gym maintenance and to adhere to the dress code. The first requirement is your child MUST have a pair of tennis shoes each day to participate. Because we have a "real wood" gym floor, they cannot wear rubber-soled shoes. These gym shoes must be "tennis shoes" or sports shoe appropriate for gym usage and stay on their feet. They do not have to be expensive tennis shoes, as a pair of cheap, canvas -type shoes will be just fine. These shoes cannot be backless, nor can they be the skate-type shoes. We would prefer that the soles of these shoes be low, as the higher soles do cause ankle injuries during play. The second issue is mostly concerning the boys and the loose-waisted pants. If the boy's pants do not stay firmly up around their waist, then we insist they wear a belt to physical education class. The last issue is mostly a girl-type problem of shirts that do not keep their stomachs covered. Since we are in a co-ed type environment, we must insist that the girls have shirts that cover their stomachs when their arms are raised during game play and if they choose to wear skirts or dresses to school, then we would prefer that they have a pair of shorts worn under their dresses/ skirts.

As for your child's safety and health issues, we would ask that if your child comes to school not feeling well that you write a brief note, so they can be excused from the day's events. If your child has a serious health problem, please contact thus so we are aware of this problem and can take every precaution to help your child deal with physical education.

We hope that you and your child will keep us aware of any problems during the year and we hope that we can make this year as enjoyable, fun, safe and rewarding for them, as possible.



Thank you,

Coach Sturdivant & Mrs. Gloede

Groves Elementary  
Physical Education  
Gym Rules

**RULES:**

1. Get permission from a teacher to leave the gym.
2. Keep your hands and feet to yourself at all times. Hand games are not allowed in this gym.
3. If you are injured or have a problem with someone, see the teacher.
4. Always enter and leave the gym quietly and in a single file line.
5. Class will begin when everyone is seated and in a single file line.
6. Walk in the hallways and gym area. Running to your places is not allowed unless instructed by teacher to do so.
7. Spinning or sliding on the gym floor is against gym rules.
8. **NO** food or candy is allowed in gym.
9. Tennis shoes are a Physical Education requirement. Lines will be written if the student does not have tennis shoes for activities.
10. Inappropriate language, poor sportsmanship, or causing injury to someone purposely is against gym rules.
11. Please do not ask the teachers "What are we doing today?" the teacher will tell you when class begins.
12. All pants **MUST** remain around the waist or have a belt to keep them waist high. All shirts need to stay down to keep their stomach covered.

**CONSEQUENCES:**

1. Warning, unless otherwise told.
2. Lines written during class, either for conduct or missing tennis shoes.
3. Parent signature/contact required for persistent lines, offensive language, or certain conduct.
4. Doubling lines for persistent conduct or missing shoes.
5. Lower grade for lack of participation because of missing shoes or behavior that causes student to sit out constantly.
6. Trip to the Principal for purposely causing injury to another student, inappropriate conduct that is disrespectful to authority, or consistent problems in class.