

# *PHYSICAL EDUCATION PROGRAM*



*The goal of the Cedar Mountain Physical Education Program is to help your child develop a healthy, active lifestyle in a safe and fun environment. The program also encourages cooperation, teamwork, and getting along with others. This is done through movement exploration, games, sports, and cooperative and fitness activities.*

*Walk Run and Health are also a part of the Physical Education Program. Students must have sneakers for Walk/Run. They may change into their sneakers prior to Walk/Run.*

*The student's grades are based on participation and preparation.*

## *Preparation:*

*\*tied/velcro sneakers- no slip on shoes/sneakers*

*\*socks*

*\*shorts/pants/skorts-no dresses/skirts*

*\*no jewelry, especially dangling earrings*

*Students may not participate in Physical Education class if they are not prepared. This would result in a “0” for that class grade.*

***Participation:***

*\*good listening skills*

*\*paying attention*

*\*cooperation*

*\*effort*

*\*following directions*

***Excellence in Participation includes:***

*\*leadership*

*\*being helpful to others*

*\*being respectful to others*

*\*conscientiousness*

*\*positive attitude*

*Although numbers are shown on the Parent Portal for grade 3 and grade 4, the report card will show only an “S” for satisfactory or an “NI” for needs improvement. A satisfactory grade is a grade 70 or above.*

*If there are any questions or concerns, please contact your child’s Physical Education Teacher by phone 973-764-2890 or by school e-mail.*

*Mrs. Tabitha Brandt*