

WELCOME TO



WITH COACH MCCARTHY

HOW WAS YOUR SUMMER?



HOME BASE SPOTS

- 1.) LISTEN FOR YOUR NAME
- 2.) WALK TO YOUR ASSIGNED NUMBERED SPOT
- 3.) SIT QUIETLY
- 4.) LISTEN FOR DIRECTIONS

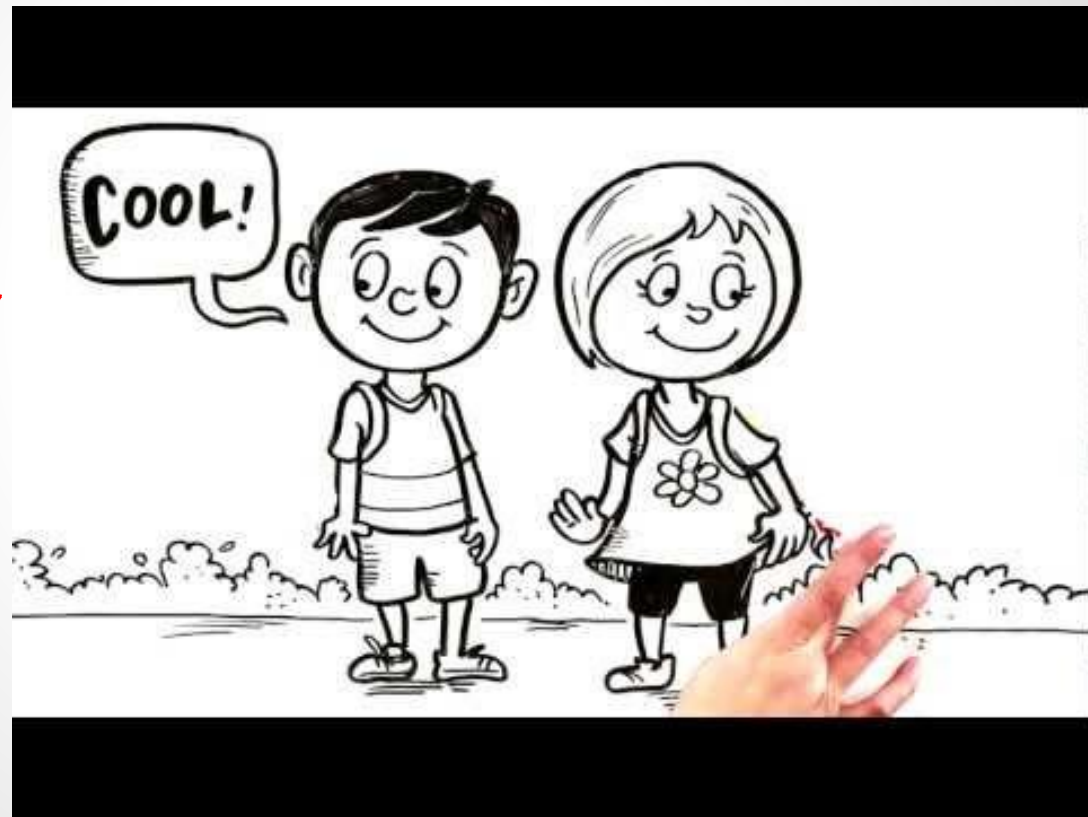
WHY ARE YOU HERE?

WHAT WILL YOU LEARN?

WHAT IS PHYSICAL
LITERACY?

PHYSICAL LITERACY

WHY IS IT
IMPORTANT?





Deep Creek P.E.

Rules and Expectations



**Respect
Yourself**



Stay on your feet
Have fun and do your best
Wear athletic shoes

**Respect
Others**



Don't interrupt others
Use Good Sportsmanship

**Respect
This Place**



Don't touch equipment
without permission
Take care of our PE pavilion

CONSEQUENCES

STRIKE 1 - WARNING

STRIKE 2 - REFOCUS

TIME OUT (2 MINS)

STRIKE 3 - TIME OUT

& NOTE OR PHONE CALL HOME



FIRST QUIZ OF THE YEAR



HOME BASE

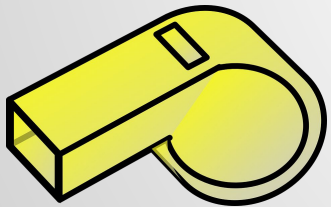
SPOT CHECK

LISTENING EARS

IF THE MUSIC IS ON =



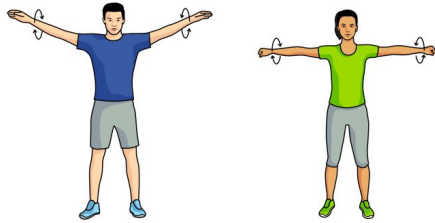
IF THE MUSIC IS OFF =



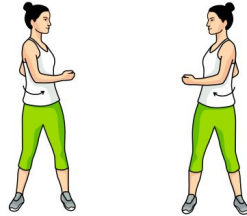
WHISTLE = FREEZE!

WARM-UP ROUTINE

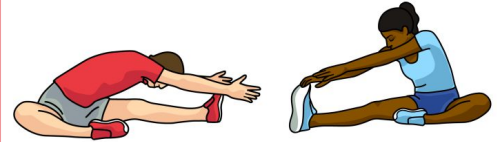
ARM CIRCLES



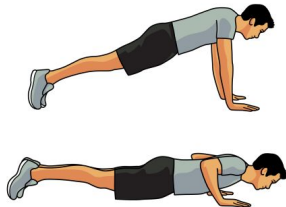
WASHING MACHINE



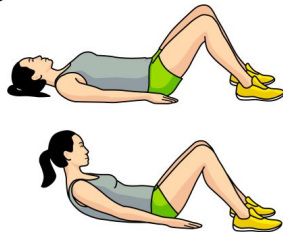
SIT AND REACH



PUSHUPS



CURLUPS



RUN!

BATHROOM

- "GET IN AND GET OUT"
- 1 PERSON AT A TIME
- USE THE BATHROOM
- WASH HANDS



BATHROOM & WATER FOUNTAIN

CAN YOU GO WHEN...

- WE'RE STRETCHING?
- TEACHER IS TEACHING?
- PLAYING A GAME?
- WE'RE LINING UP?



EMERGENCY PROCEDURES

WHERE DO WE GO WHEN THERE IS A...

- FIRE?
- TORNADO?
- CODE RED - ACTIVE ASSAILANT?



SELF ASSESSMENT

GIVE YOURSELF A GRADE



WOW



Good Job



**Keep on
Trying**



**Need More
Effort**

DCES RUNNING CLUB

ROAD RUNNERS OF AMERICA

ONCE A WEEK - AFTER SCHOOL

INFO WILL BE SENT HOME SOON

10-15 STUDENTS

SMELLY FEET

THIS YEAR WE WILL HAVE A "SMELLY FEET" CONTEST IN P.E. CLASS. IF 100% OF THE CLASS WEARS ATHLETIC SHOES TO P.E., THEY WILL EARN A MARK ON THE SMELLY FEET TRACKER BOARD. AT THE END OF EACH QUARTER, THE CLASSES WITH THE MOST MARKS IN EACH GRADE LEVEL WILL EARN A PRIZE OUT OF THE P.E. TREASURE BOX!!!



INSTANT ACTIVITY

- NOODLE FREEZE TAG
- RULES



WE'RE DONE, GREAT JOB!

TO SUMMARIZE:

YOU ARE HERE TO BECOME A
SMARTER, HEALTHIER AND
GENERALLY MORE AWESOME PERSON .

THESE RULES AND PROCEDURES WILL
HELP US ACCOMPLISH THIS GOAL.