

PHYSICAL EDUCATION

GUIDELINES AND PROCEDURES

Dear Parent/Guardian:

As we begin the new school year, there are some policies we would like to make you aware of. These guidelines have been put in place in order to make Physical Education a safe environment for your child. Sachem School District's Physical Education policies coincide with those at Hiawatha.

Students have Physical Education **TWO** or **THREE** times per week.

Please be familiar with your child's schedule to make sure they are prepared for class.

It is our expectation that your child is able to tie his/her sneakers. This should be a skill they are comfortable with, by the end of Kindergarten. Please work with them, as untied sneakers become a safety issue.

Being Prepared

- Sneakers are required and need to be on, in time for class
- Comfortable Clothing
- No Jewelry

Jewelry is not allowed to be worn during class. Necklaces, bracelets, and hoop/dangling earrings must be taken off. Stud earrings are acceptable. The best suggestion is not to wear jewelry on PE days.

Sneakers are required for class. They must be able to tie or velcro securely. If your child is not wearing sneakers, they will not be able to participate which will affect their grade.

Inappropriate Shoes include-

- Crocs
- Shoes with no back
- Open toe shoes
- Shoes/sneakers with a heel

***4th & 5th Graders should get in the habit of using Deodorant.
It should be added to their daily morning routine.***

Students are expected to be proactive and display good leadership skills. Positive choices are the expectation and inappropriate behavior will not be tolerated. Students displaying unacceptable behavior will be given a proper warning. If the behavior continues, parents will be notified by either a note home or a phone call.

We are looking forward to a great year filled with fun and fitness!

Mrs. Kudla
Mr. Rogers