







# Cubs Physical Education

<p><b><u>Welcome Back!</u></b></p> <p>Welcome back Cubs! I am looking forward to a wonderful 2024-2025 school year. I can't wait to see all of our students again and meet all the new ones!</p> <p>I just wanted to take a quick second to introduce myself. My name is Coach McCarthy and I am returning for my 9th year as a Physical Education Teacher in Charlotte County with this being my 2nd year at Deep Creek Elementary. My wife and I are the proud parents of two amazing little girls, Darla &amp; Zoey. I enjoy golfing, fishing, and traveling to new places with my family every chance we get.</p> <p><b><u>Oh Yeah, and I LOVE P.E.!</u></b></p> <p>I encourage open communication between myself, students &amp; parents. If you have any questions or concerns please contact me.</p> <p>(941)255-7535 ext. 3502  <a href="mailto:Hunter.McCarthy@yourcharlotteschools.net">Hunter.McCarthy@yourcharlotteschools.net</a></p>	<p><b><u>About P.E.</u></b></p> <p>As I said before, I LOVE P.E., I am very excited to teach your children about Physical Education. Not just about Basketball and Football but most importantly how to live a healthier, more active lifestyle. My lessons are designed to maximize student movement, the learning of fundamental movement and life-long skills. After all, staying active will help you stay healthy and help you focus in other subjects taught at school.</p> <p><b><u>PE Lesson Format:</u></b></p> <ul style="list-style-type: none"> <li>- 5-10 minute Warm-up</li> <li>- 10-15 minute Lesson Focus</li> <li>- 15-20 minute Game/Activity</li> <li>- 5-10 minute Cooldown/Reflection</li> </ul> 	<p><b><u>Rules &amp; Expectations</u></b></p> <p><b>Rule #1: Respect Yourself</b>          Stay on your feet          Have fun and do your best          Wear athletic shoes</p> <p><b>Rule #2: Respect Others</b>          Don't interrupt others          Use Good Sportsmanship</p> <p><b>Rule #3: Respect this Place</b>          Don't touch equipment without permission          Take care of our PE area</p> <p><b>Rule #4: FREEZE Whistle</b>          Stop. Look. and Listen!</p> <p><b><u>Consequences</u></b></p> <p><b>Strike #1:</b> Warning  <b>Strike #2:</b> Refocus  <b>Strike #3:</b> Timeout on the bench and note/call home</p>
<p><b><u>Grading Scale</u></b></p> <p><b><u>1st - 5th Grade</u></b>          O - Outstanding          S - Satisfactory          I - Incomplete          U - Unsatisfactory</p> <p><b><u>Kindergarten</u></b>          E - Exceptional          S - Satisfactory          N - Needs Improvement</p> 	<p><b><u>Water</u></b></p> <p>Please send your student to school with a water bottle on P.E. days.</p>  <p><b><u>What's going on in P.E. class!?</u></b></p> <p>Weekly P.E. plans will be located on my teacher page on the Deep Creek Elementary School website. Ask your child what they are doing in P.E. class and challenge them to improve their fitness at home.</p> <p><a href="https://www.yourcharlotteschools.net/domain/6102">https://www.yourcharlotteschools.net/domain/6102</a></p>	<p><b><u>Smelly Feet</u></b></p>  <p>Please remember proper footwear on P.E. day! (crocs, boots, and sandals are not safe for P.E.)</p> <p>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!!!</p>

**Nothing Less Than Success - For All!**