



# Physical Education



October 2011

Love T. Nolan Elementary School

Teachers:  
Mrs. Mitchell-Jones & Mrs. Everson  
Mr. Troutman & Mr. Martin

## In This Issue

Welcome to the second issue of our newsletter!

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## Events & News!

Did you know that the state of Georgia passed House Bill 229? This new law states: Beginning in the 2011-2012 school year, each local school system shall conduct an annual fitness assessment program, as approved and funded by the State Board of Education, one time each school year for students in grades one through 12, to be conducted only during a physical education course that is taught by a certificated physical education teacher in which a student is enrolled.

A letter will be sent home very soon about the fitness testing that we will do in P.E. This month students will begin with a pre-test during physical education class. Students will take the pre-test for sit and reach, push-ups and sit ups followed by the PACER test in a few weeks for cardiovascular endurance. We will talk with the students about setting individual fitness goals, and hope for an improved score in the spring.

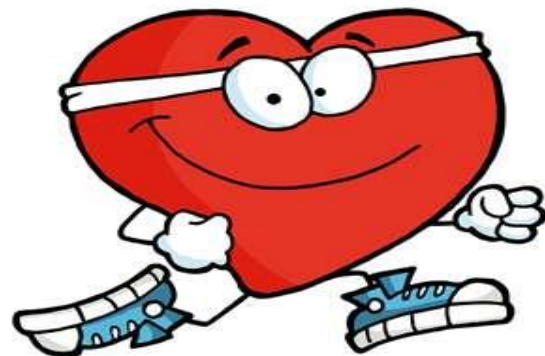
<http://www.fitnessgram.net/home/>



## “PE for Parents” Week Is Back!

What is “PE for Parents”? “PE for Parents” was established to increase parent involvement in our school, as well as to create a link between home and school about the importance of exercising and living a healthy lifestyle. During this week, parents are invited to participate in a regularly scheduled physical education class of choice for 45 minutes. Additionally, parents interact with students, have fun, become familiar with the physical education curriculum, and learn the importance of living a healthy lifestyle.

We will kick-off “PE for Parents” week on Monday, October 10, 2011. All participants' names will be placed in a special drawing to possibly win a “PE for Parent” t-shirt. There will be 10 winners.





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## Grading in P.E.

Nine-week report cards will be send home in a few weeks. In Physical Education, students will be assessed in a variety of ways. Your child will have a written tests (cognitive assessment) and skills tests (performance based). All assessments are created according to the Georgia Performance Standards in P.E

Students will have at least 10 grades per semester in P.E. These grades are weighted as follows:

- 50% - performance in class
- 20% - written tests
- 20% - presentations in class
- 10% - fitness assessments

**Recovery** – Per Fulton County Grading Guidelines, grade recovery will be offered for failing grades to achieve the mastery level of 70.

Each month a newsletter will be placed on the schools website about the physical education program at Love T. Nolan. Feel free to e-mail any of the teachers if you have any questions or concerns.

Mrs. Mitchell-Jones – [jonesj2@fultonschools.org](mailto:jonesj2@fultonschools.org)  
Mr. Troutman – [troutmans@fultonschools.org](mailto:troutmans@fultonschools.org)

## Georgia Performance Standards in Physical Education

At Love T. Nolan, our lessons are based upon the GPS. These standards can be found by clicking on the following link:

<https://www.georgiastandards.org/Standards/Pages/BrowseStandards/PhysEdK-5.aspx>

## National Standards in Physical Education:

There are 6 national standards for Physical Education. They are:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.

2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.
3. Participates regularly in physical activity.
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



## Upcoming Lesson Themes

October 3 – 7	Scoops (K-1) Rolling, fielding & throwing games (2-5)
October 10 - 14	PE for Parent’s Week (cooperative large group games)
October 17 - 21	Fitnessgram pre-tests grades 1-5 (push-ups, sit-ups, sit & reach) Manipulative equipment stations: Deck rings, juggling scarves, hoops, balloons, etc.
October 24 - 28	Fitnessgram pre-tests grades 1-5 (push-ups, sit-ups, sit & reach)



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We are also participating in Fuel Up to Play 60. This is a program to encourage students to play outside for 60 minutes a day and eat healthy.

## STAYING ACTIVE AT HOME

### Alphabet Push-Ups

Write out all the letters of the alphabet. Cut out each letter and spread them face up throughout the family room, or other large area in your home. Can you place them in order by moving only from a push-up position?

### Multiplication Push-Ups

On index cards, write out the answers to the 4's tables (4, 8, 12, 16, 20 etc.). Spread the index cards face up throughout the family room, or other large area in your home. Ask a parent to ask you a multiplication problem from the 4's table, and you find the answer, and place the index card in front of you from a push-up position.

**Integrating math and language arts into fitness!**