



# Physical Education



September 2011

Love T. Elementary School

Teachers:  
Mrs. Mitchell-Jones,  
Mr. S. Troutman

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Welcome to the first issue of our newsletter.

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## Welcome!

By now your child should have come to P.E. at least 5 times, and we are taking the first formal assessment of the year! We are committed to providing a quality physical education program at Love T. Nolan Elementary.

All lessons strive to be developmentally and instructionally appropriate for each child. Students refine motor skills, while developing interests and healthy habits. Through success-centered activities, all children have the opportunity to develop to their fullest potential – physically, socially, and intellectually.

Each month an electronic newsletter will be sent home letting you know 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.

## Grading in P.E.

Students will be assessed in a variety of ways in physical education. Your child will have 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 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.

## 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>



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## 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.



## **Fitnessgram**

Did you know that the state of Georgia passed House Bill 229 – the SHAPE ACT? 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.

Fitnessgram testing will begin in September with height/weight measurement. Also, your child will be tested in sit ups, push-ups, flexibility (sit and reach), and cardiovascular (Pacer test). An individual fitness assessment will be printed for each student. We will also discuss creating and achieving personal fitness goals in P.E. A formal letter from the Georgia Department of Education will be sent home soon.

## Physical Education Specialists

**Mrs. Mitchell-Jones-** [jonesj2@fultonschools.org](mailto:jonesj2@fultonschools.org)

This is my 23<sup>rd</sup> year teaching elementary physical education in Fulton County Schools. I was the 2007-2008 Fulton County Schools Physical Educator of the Year. I have 2 children; I'm a huge Pittsburgh Steelers and Los Angeles Lakers fan! I have fun teaching, exercising and playing with my students.

**Mrs. Everson** – This is my 23<sup>rd</sup> year in Fulton County Schools. I love working in P.E. I have 3 children. I also love traveling and sports.

**Mr. Troutman**–This is my first year teaching physical education in Fulton County Schools. I love developing students physically and mentally. I have 1 son. I enjoy playing football, basketball, hunting and fishing.

**Mr. Martin**-This is my 2<sup>nd</sup> year in physical education at Love T. Nolan. I love P.E.! I also enjoy basketball and football.



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## Upcoming Lesson Themes

**September 5 - 9** Fitness Games (K-2) Chasing, Fleeing and Dodging (3-5)

**September 12 - 16** Throwing and Catching (3-5) Tossing and Catching Games (K-2)

**September 19 - 23** Football (3-5) Tossing and Catching Station (K-2)

**September 26 – 30** Fitness testing (1-5) Chasing, Fleeing and Dodging games (Kdg.)

### Ronald McDonald's Go Active assembly

On Wednesday, September 28, Ronald McDonald will be educating our Kindergarten through 2<sup>nd</sup> grade classes on the importance of incorporating fitness and physical activity into everyday life. The assembly is scheduled to begin at 8:30 a.m. in the school gymnasium.

**WE ARE PARTICIPATING IN THE FOLLOWING PROGRAMS THIS YEAR IN P.E.**



### **"PE for Parents" week is back!**

During this week, parents are invited to participate in a regularly scheduled physical education class of choice for 45 minutes. This will be an opportunity for parents to interact with students, have fun, become familiar with the physical education curriculum, as well as to learn the importance of staying active and living a healthy lifestyle. Dates will be listed in "Thursday Notes"

**\* Don't forget to wear your sneakers!**