

WELCOME BACK



ALPENGLOW PHYSICAL EDUCATION 2022-2023

Dear Parents, and/or Guardians,

Hi! My name is Mrs. Kim Reed, and this is my first year at Alpenglow. This is just a letter to inform you of my expectations and policies. Just a little information about myself, I have taught for the Anchorage School District for 13 years. I have spent 6 years at Bayshore Elementary and 6 years at Kincaid Elementary teaching Physical Education and Adapted Physical Education. I also spent one year in St. Francis, MN, teaching Adapted Physical Education. I am originally from Little Chute, WI, which is a small town 30 minutes south of Green Bay. Yes, I am a huge Packers fan! Go Pack Go! I received my Master's of Education in Applied Kinesiology with an emphasis in Physical Education and Developmental Adapted Physical Education at the University of Minnesota, Twin Cities (Go Gophers!), and I received my health certification in grades 5-12 from Bemidji State University.

I will be teaching K-6 Physical Education this year. I will be setting high expectations for your child while they learn and have fun in physical education. Your student will receive a valuable education in the fundamental skills of learning, including: locomotor skills (run, skip, hop, etc.), fitness skills, manipulative skills (ball skills, throwing and catching, ropes, etc.), cooperative activities, and various other lifetime activities.

Feel free to call or email me with any concerns or questions: 907-742-3300 or email: resheske_kimberly@asdk12.org or stop by and talk. I am usually available before school from 8-8:50a.m. when I do not have bus duty, and after school when I am not leading an activity.

Thank you for your time,
I look forward to teaching your child this year!
Mrs. Reed



EXPECTATIONS

1. Students will follow all safety procedures while participating in physical education
2. Students will be able to "Give Me 5". This means that their eyes are watching, ears listening, brain thinking, body still, and their mouth is quiet.
3. Students will be prepared, be considerate, and give their best at all times!

REQUIREMENTS

I expect all children to participate in all classes. If your child is sick for a brief period (3 or less days) a signed parent note is acceptable (including date). If your child will need to be excused for an extended period, I would greatly appreciate a signed doctors note stating how long your child will need to be excused. If your child comes to physical education class and is feeling under the weather, he/she will be sent to the nurse's office to be evaluated.

I expect all students to have **non-marking gym shoes**. This includes shoes that are tied or strapped. Please do not send your student in slip-on shoes, sandals, or crocs. Often times, these shoes will fall off while children are running or kicking. In the beginning of the year, I will help your child tie their shoes if they are unable to. After Christmas break, I will no longer be tying shoes. Students who come to physical education WITHOUT gym shoes will be able to borrow extra shoes, however, they will lose participation points for not having their gym shoes. Exceptions for shoes will be made on picture day or for other legitimate reasons.

I require all students to be able to dress in clothes that they will be able to move in. If you send your child in a skirt or dress, please make sure they have leggings or shorts underneath so that they can successfully participate. I would also appreciate it if your child does not wear dangly jewelry to class. Students will have the responsibility of removing jewelry before they attend physical education.

RULES OF THE GYM

1. Follow all directions given the first time
2. No abusing the equipment or other classmates (physically or verbally)
Destruction of PE equipment will result in a referral and compensation for the item that was destroyed
3. Cooperate and Respect other students and the teacher
4. No food, candy, gum or flavored drink allowed, or they will be confiscated (this is a safety issue).
5. Think before acting
6. Use good sportsmanship

BEHAVIOR LEVELS

At the beginning of the school year, all students in my physical education class will become familiar with the five behavior levels listed below. I refer back to these levels often during the year. I use these behavior levels to encourage students to take responsibility for and to own their decisions and actions. Students are taught that they have the ability to choose their level of behavior and that no one else can **make** them behave at a given level. They are also taught that there are consequences for their actions.

UNACCEPTABLE/DISRESPECTFUL (N)

LEVEL 1

- Not participating
- Hurts others feelings, name calling
- Arguing, talking back
- Leaving without permission
- Out of control, inappropriate touch
- Dishonesty
- Mishandling equipment

IRRESPONSIBLE (S-)

LEVEL 2

- Tattles, blames others
- Uncooperative
- Not following directions
- Talks out of turn
- Refuses to work with a class member

INVOLVEMENT/ACCEPTABLE (S)

LEVEL 3

- Prepared to participate and learn
- Cooperates with others
- Follows directions and participates
- Has a positive attitude: I can, I will try
- Good sport and good citizen

SELF-RESPONSIBILITY (S+)

LEVEL 4

- All of Level 3 and: Asks others to join activity
- Acts as a role model
- Cares for equipment
- Is honest and owns behavior
- Body is under control

CARING/EXCEPTIONAL (O)

LEVEL 5

- All of Levels 3 and 4 plus: Helps others willingly
- Encourages/compliments others
- Sensitive to needs of others
- Treats others with courtesy and respect
- Persevering when it's hard (not giving up)
- ALWAYS trying your best



Consequences for choosing Unacceptable Behavior

Warning: Student will be verbally warned that their behavior is inappropriate and will be asked to stop.

1st Time-out: Student will remain in time-out for 3-5 minutes. (sit in the Break Zone quietly, without bothering others).

If the student takes the time-out immediately and appropriately, then he/she may return back to the class activity after their time-out is finished.

2nd Time-out: The student must remain in the time-out area until invited back by the teacher. The student will fill out a behavior consequence form. The length of the time-out is determined by the behavior of the student. If unacceptable behavior continues, further consequences may include visiting the principal, being removed to a partner classroom, and notifying the student's guardian.

Break Zone

The "Break Zone" is a multi-purpose area in the gym. The Break Zone serves as:

1. Rest a minor injury
2. Place to rest if health does not allow participation (note)
3. Cooling off area before unacceptable behavior begins (Student's decision)
4. Mediation area where 2 individuals may go/be sent to work out a problem
5. Time-out area for students who choose unacceptable behavior

GRADING POLICY

Grades 4-6

Students at this level will receive 2 grades: **Achievement and Effort**

Achievement: This grade will be based on your child's physical abilities compared to state and national standards for their age group. The break down is as follows:

O = Outstanding: An outstanding is achieved when the student excels beyond their grade level benchmark expectations. They are able to learn what is being taught without any complications.

S = Satisfactory: A satisfactory mark is achieved when a student is performing at a level that is required for his/her age group. This is where a student is expected to be. Do not be concerned if your child receives an S.

N = Need Improvement: A needs improvement grade means that a student has not mastered the required grade level standard. This may be due to maturity or being

unable to accomplish a skill. If your child receives an “N”, please contact me and we can discuss the reason why.

S+ and S-: If a minus (-) is given, it means that a student is at the lower end of that grade, if a plus (+) is given, they are at the upper end of the grade scale. If a student receives a S+, it means that a student is performing beyond the standard, but has difficulty with executing the task. If a student receives a S-, it means that the student is having difficulty with some activities during class, or even a specific unit. In most cases, this can be corrected through practice and time.

Effort: Grades 1-6

The effort grade consists of how hard a student participates and gives their best effort during class, as well as their **attitude**. Students are graded in the O, S, and N categories as listed above.

Student’s effort grade may go down for the following reasons:

- Failure to participate without a documented note as to why they cannot participate
- Talking during teacher instruction
- Bad attitude towards other students and teacher
- Bad/disrespectful language
- Not giving their best effort
- Not being responsible for gym shoes or keeping them tied (grades 4-6)

Just a reminder that there will be times where we go outside. Please make sure your student dresses for success so that they are comfortable and able to learn outside. Some days we will be doing physical education inside the hockey rink, other days we will be in the field. I don’t mind if your student wears boots or shoes when we are outside, as long as they are able to run, they can have fun!!

I am excited to be your child’s Physical Education teacher this year!! Go Snow Leopards Go!!

