



Welcome To PE With Coach M!

Dear Families,

My name is Coach M, and I will be your child's PE teacher for the 2023-2024 school year. I am so excited to meet my students and share my love of physical education and sports with you all.

Students will engage in a wide variety of lessons and activities throughout the year. It is my goal to make sure that everyone has an enjoyable experience and finds something that they can connect with. PE is for everyone! We will play, we will work hard, we will challenge ourselves, we will participate in games and sports, all while following class rules and procedures.

In order to make sure that every child is set up for success, it is really important to make sure that everyone knows what is expected of them when they come into PE class each day.

In PE, my behavior expectations are that students will:

Follow the directions of the teacher

Be respectful of teachers and students

Be kind to others

Take turns and share

Keep hands and feet to themselves

Play safely with classmates and equipment

In PE, my classroom expectations are that students will:

Follow all procedures for coming into the multipurpose room

(This includes how you enter the room, where you sit and how we warm up and participate in the activities)

Wear appropriate shoes for PE (sneakers)

Listen to others

Be honest and follow the rules of the game

Try your best

And most importantly, have fun!!!

3 Strikes Policy:

We all make mistakes sometimes. It's ok! This is how we learn. Making a mistake is alright, as long as it doesn't become a habit. Students will take a brief timeout in PE after their third strike. Here is how it works if a classroom behavior or class expectation is broken...

Strike 1-students will receive a verbal reminder

Strike 2- students will receive a second warning before time out

Strike 3-students will be asked to sit out of the activity for 5 minutes before they can return

DOJO NOTIFICATIONS:

("Leveling Up" and going to "Chill Out" in PE)

"Chill Out" is a reflective place where students sit out of the activity after breaking a class rule. (see more under communication)

"Level Up" Students are told to level up after exhibiting unprompted positive behavior. Simply following class rules without reminders, showing kindness or having great sportmanship can earn a level up. There are 3 levels and all students who get to level 3 by the end of class will receive a dojo point.

Communication:

Before returning to the activity after spending time in chill out, I will talk to the student about why they sat out and what they can do better to make sure we don't have a repeated behavior. After that, it's game on and let's get back to the fun!

If behaviors are repeated, I will often call home and/or communicate on Class Dojo with you and the homeroom teachers. Please know that my communication is to make sure that everyone can learn and have an enjoyable

experience in PE. The less time we take out for behavior, the more time we have to play. That is what PE is all about!

Medical Information:

Please let the nurse, classroom teacher, and myself know if there is any medical information we should be aware of. Often inhalers for asthma, injuries, and physical limitations are a few that come up most frequently in PE. Please let me know so I can help.

If you have any questions or concerns as we progress through the year please feel free to contact me on Class Dojo or email me at meredith.tompkins@onslow.k12.nc.us Thank you and let's make it a great year! -Coach M