Elementary Physical Education Philosophy & Policy

It is the goal of Liberty Christian School’s Elementary PE program to provide the students with developmentally appropriate learning opportunities with biblically purposeful content and instruction. Every student will learn skills and concepts that will encourage them to be healthy and active for a lifetime.

Vision
Inspire every student to desire and earnestly pursue a healthy and physically active lifestyle that is honoring and glorifying to God.

Attendance
Physical education is required by the state of Washington and students must participate unless there is some special reason/circumstance.

Medical: If your child has any medical conditions, please inform and give the proper documentation to the office. This information needs to explain the condition, symptoms related to the condition and any restriction from participation (dates of restrictions must be included). Doctor’s notes must be updated annually for chronic conditions.

Illness: A student with a temporary illness, such as a cold, may be excused from participation for one week (2 classes) with a note signed by the parent or guardian. A doctor’s note is required for any illness or injury requiring recovery time longer than one week. The note must state the nature of the condition and the length of time the student is to be excused from activity.

If your child feels ill during school or is hurt during recess, in order to be excused from PE they must inform their homeroom teacher or the office first and then that information will be communicated to me through them.

A student excused from PE will be expected to refrain from similar activities during recess.

Absence: If your child is absent, has a home/doctor’s note or I have been informed by LCS staff to excuse your child, they will receive an A (absent) or an E (excused) for that day and their grade will not be affected.

Make Up Assignments: In most cases make up assignments will not be required if your child misses PE; however, there will be special circumstances when a make-up assignment will be required (ie., prolonged absences/participation, missing special events, etc.).

All students are expected to participate in PE. The only exceptions would be if a student has a note from a parent/guardian/doctor/teacher. If your child is not present and participating (moving their body) they are not learning.

Shoe’s & Clothing
Math Class requires a pencil – Physical Education requires SAFE shoes

In PE, safety is always first. This is why we ask all of our students to come to class with appropriate footwear. Wearing the wrong shoes can impact a student’s safety/success during activities. Shoes like boots, sandals, slip-ons, even dress shoes can get in the way of simple activities like running, jumping, and stopping. It is important for students to wear proper footwear in order to participate safely in class activities, and to be successful with those activities.

Indoor PE shoes – To keep our gym floor pristine as required by the LCS athletic department we require a pair of Indoor PE shoes – with non-marking soles – to stay at school in the homeroom class.

Outdoor PE shoes– A separate pair of outdoor PE shoes is not required to stay at school.

SAFE for PE – Footwear must have a rubber bottom, provide ankle support, cover the whole back/front of the foot and have an adjustable strap, laces or Velcro. (Example: tennis shoes, basketball shoes, cross-trainers, running shoes, etc.).

UNSAFE for PE - Dress shoes (of any kind), boots, and sandals or open toe shoes, slip-ons (toms, vans, crocs, etc.)

Consequences for unsafe shoes
Students will receive grace one time per quarter for wearing unsafe shoes to PE. After their first grace offense, they will lose daily points for not being prepared.
Grades

1st - 4th grade:

Your daily grade will be based on the following:

Participation: Participation, Effort, and Preparation

Conduct/Attitude: Cooperation and Responsible Personal Behavior, Sportsmanship

Assessments: To access continued learning throughout the year, students will be given assessments during some of our units.

The 1st - 4th grades have adopted a grading scale, using a final grade range of 1 - 5. The scale breaks as shown below:

5 = Exceeding standard
4 = Meeting standard | THIS IS THE GOAL/EXPECTATION IN PE |
3 = Approaching standard
2 = Beginning standard
1 = Below standard

Elementary Music and PE specials do not grade on "natural ability," rather the grading matrix is based on participation & conduct (appropriate behavior in class) along with occasional assessments; both content areas fall within the range where all students should meet the 'expectation' (Grade level: 4/Meeting standard). Physical Education and Music grades on an 11 point scale, with each student normally receiving 10 points each day. This averages out to each student earning a '4/Meeting Standard' in these classes; if the students are meeting our daily expectations. We reserve that remaining point to award occasionally to students who DO exceed our expectations. At the elementary grade level it is age appropriate to expect that children are only capable of exceeding grade level expectations on a very limited basis, resulting in a "4/Meeting standard" quarter grade.

The 11th point is reserved for students who exceed the standard:
• going above and beyond during class in some way
• as a reward for extra hard work
• showing tremendous growth in a particular problem area

This grading matrix is not intended to punish good students, but to accurately reflect the grading scale and their age appropriate abilities at their respective grade levels.

5th - 6th grade:

Your daily grade will be based on the following:

Participation: Participation, Effort, and Preparation
**Conduct/Attitude:** Cooperation and Responsible Personal Behavior, Sportsmanship

**Assessments:** To access continued learning throughout the year, students will be given assessments during some of our units.

Grading Scale 5th - 6th grade: The 5th - 6th grade classes will be graded in a % format, ie. 97%.

Elementary Music and PE specials do not grade on "natural ability," rather the grading matrix is based on participation & conduct (appropriate behavior in class) along with occasional assessments.

**K5**

Kindergarten students will be given a letter grade (using the same letter grading system their homeroom teacher will use) and graded on the following:

- Participation
- Skipping
- Jumps on 2 feet
- Hops on right foot
- Hops on left foot
- Catches a ball
- Kicks Stationary Ball

Please note that with the exception of participation, the tested K5 skills are simply a motor skill indicator. As an example, studies have shown that boys progress slower when learning how to skip than girls do. Likewise, girls tend to develop at a slower rate than boys in physical movements like catching and bouncing. This is perfectly normal. Every child develops at their pace. The skills tested are simply an indication of where your child is developmentally with skills that involve coordination and body movement. K5 PE is about learning how to safely move our bodies and having fun!