

# Physical Education Course Syllabus

## Course Information

Physical Education (Kindergarten – Grade 7)

## Teacher Contact Information/Communication

Tara Meiswinkle

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(732) 412-7643

Office – Gymnasium at Thomas Edison Energysmart Charter School

## Course Description

Students will be exposed to many different areas of physical fitness and sports, such as: Movement exploration, organized games, fundamental sports skills, team activities, cooperative games, lifelong and recreation activities.

## Student Learning Objectives/Outcomes

Students will receive skill development in many physical activities. Children will have regular and healthful physical activities that will improve their physical fitness. Children will gain self-discipline, improved judgment, stress reduction, strengthened peer relations and improved self-confidence and improved self-esteem. Students will also have experience in personal goal setting.

## Class Rules:

1. Be safe at ALL times
2. Listen to instructions
3. Treat everyone with respect and goods sportsmanship
4. Take care of all equipment
5. Participate and have fun!

## Required Materials

Students **MUST** wear properly fitting rubber soled tennis shoes in either black or white (Please no loud colors or designs, no light up shoes, no slip-ons, or crocks, no boots or sandals) sneakers should tie or have Velcro straps. Designated TEECS Physical Education Uniform must be worn that day. If student is not wearing their correct PE uniform and/or correct sneakers that day, they must sit out for that day.

## Grading Policy

Students will be graded on motor skills, effort, participation, responsible behavior and understanding.

## Medical Notes

\*Please inform the nurse of any medical conditions preventing your child from taking part in any gym activities, so that I am aware.

\*If your child is injured or sick please write their classroom teacher a note in the morning (with dates they will not be participating) so I know not to have them participate in gym those days or email me personally at:  
[tmeiswinkle@energysmartschool.org](mailto:tmeiswinkle@energysmartschool.org)

Parent/Guardian Signature\_\_\_\_\_ Date\_\_\_\_\_