



## **Welcome to Elementary PE at Portland Christian School**

PE is an important part of your student's week at PCS. Each class will have two PE classes weekly. PE encourages daily activities and teaches lessons about health and life choices through games and exercise.

This year in your child's PE class he/she will:

- \* Learn to be a part of a team
- \* Play traditional games like: Dodgeball (2nd-6th), Kickball, Soccer, and Basketball. Just to name a few.
- \* Play creative games to learn about teamwork, how our body works, eating right, and just having fun!
- \* Have scriptural reference to accommodate the unit theme.

A successful PE class begins with a few things.

1. A good attitude! Students will be encouraged to have good sportsmanship.
2. Listening ears
3. Open minds. Not everyone is athletic and that is okay. God designed us to be different in many ways. Elementary students are graded on participation and behavior. Trying our best while following safety rules is all that matters!
4. Athletic shoes. Athletic shoes are a must! Athletic shoes can be purchased in any store and are made to endure the impact of running and jumping. Athletic shoes should fasten with velcro or laces that can provide a tighter hold around the ankle. If your child prefers to wear a dressier or casual shoe on PE day, please send a pair of acceptable PE shoes in his/her backpack. A student does not have acceptable shoes, will not be allowed to participate in PE class.
5. If your student has been ill, please feel free to send in a note with limitations. Your child's health and safety is of the utmost importance.

If you have any questions, please feel free to email me at [theresa.mccormick@portlandchristian.org](mailto:theresa.mccormick@portlandchristian.org)