

Seton Catholic School Physical Education 2020-2021

Dear Parents/Guardians:

Welcome to Seton Catholic School Physical Education! My name is Mike Demlein (Mr. D), and I am the physical education teacher here at Seton. I am very excited for the upcoming school year. I am looking forward to seeing old faces, and meeting some many new ones this year.

My philosophy, at Seton Catholic School, is through the use of sports and games, students will acquire the skills, knowledge and confidence that will benefit their healthy development as a whole person. To help your child be successful this year, please take a moment to review our department guidelines:

Safety

As we all know, this year will be something that we have never seen before. With that being said, we are all taking all the safety precautions necessary to have a successful and fun P.E. program. These include the following:

- Students will be sanitizing hands upon entering and exiting class.
- Equipment will be sanitized between classes.
- Face masks will be mandatory for students when social distancing cannot be exercised

Excuse Policy

If your child needs to be excused for any fitness activities please provide a parent/guardian or doctor's note with the following:

- Why your child cannot participate
- A date when your child is able to rejoin the class

Attire

The safety of all students is a top priority, so it is very important that all students have appropriate footwear for physical education class. Athletic gym shoes, designed for activity, are required for all students (boots, slip-ons, dress shoes are prohibited). Students are also encouraged to remove all jewelry prior to class. This includes necklaces, wristbands, chains, or large earrings. Students should also be prepared to be outside as long as the weather is deemed acceptable. Coats, hats, sweatshirts, etc. should be available.

Water Bottles

Due to current regulations that we must adhere to, students will not be allowed to visit the water fountain during P.E. class. Therefore, it is very crucial that all students have a water bottle at school, especially on days where they have P.E.

Code of Conduct

Students are expected to be respectful to their classmates, teachers and any equipment. Students should also demonstrate good sporting behavior, and also comply with all class and safety rules. Any student that demonstrates a behavior problem during class will receive:

1. A verbal warning - the student will be pulled to the side and will have a discussion with the teacher
2. Refocus - the student will be asked to sit out for a few minutes. During this the student should understand what they need to correct, and how they should handle the situation properly if it happens again.
3. Time Out - the student will be asked to sit out the remainder of the activity, and the teacher will decide if/when the student can return.

Any sort of physical maliciousness towards another student will not be tolerated under any circumstance (punching, kicking, biting, etc.) Any physical altercation, that is deemed non-accidental, will result in the student being sat out for the remainder of class, and potentially more (determined case by case).

Effort/Perseverance

Students are expected to participate to the best of their ability all of the time in P.E. class even when times get tough. Failure is possibly the most important thing that your student will do this year! Children need to understand that in order for them to learn about themselves, they need to fail and experience frustration, and how to handle it (what does your body language say?, how to channel it properly, etc.) Always remember, "The body achieves what the mind believes."

Grading

National and State Learning Standards will be assessed using a variety of assessments such as teacher observations, pair shares, peer assessments, exit tickets, rubrics and Plickers.

Even though this year may look different than it ever has, we will all welcome this challenge with patience, kindness and compassion to one another. The physical education curriculum this year will hopefully help your child recognize the value of physical activity for health, enjoyment, challenge, self-expression and social interaction. More information can be found on the Seton Physical Education page along with my google classroom. If you ever have any questions, comments or concerns, please do not hesitate to contact me. Once again, I am looking forward to an exciting school year!

Kind regards,

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