

Physical Education / SFCA
Mrs. Peggy Martin
2019-2020

Welcome back to school! I look forward to teaching your children on Mondays & Wednesdays. Students are required to wear gym shoes even on a dress down day that falls on a Monday or Wednesday.

My goal for the school year is to help students learn healthy habits through games and exercises that will encourage them to stay active 60 minutes each day.

Students will:

- Demonstrate good daily health practices
- Participate in exercises and games
- Experience team sports and individual sports
- Learn new skills, rules of various sports, and a little history of each sport
- Participate in movement and dance
- **Have Fun!**

PE expectations:

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

Grades will be based on following the above expectations. Progress reports and report cards will be sent home each quarter. If a student makes a mistake, as we all do, they are always given a chance to take a short time out to think about their behavior, relax and return to class. If the behavior continues, additional consequences based on the discipline policies for St Frances Cabrini Academy will be implemented.

Communication is the best way to help our children. Communication with each other shows students that we are all working together to support their learning. Please **call**, or **email** me with any concerns or questions you have. If you do not hear from me within 48 hours, assume I did not get your message. Your children are very important to me - I look forward to teaching them again this year!

Respectfully,
Mrs. Peggy Martin
314-630-2871