

## **Routines, Rules and Expectations**

- Athletic shoes

Need to be worn everyday

- The students need to

Participate everyday unless

a Doctors note or Parent note.

- The students are

expected to try all activities,

effort is the main objective.

### **Monday, Wednesday, Friday**

are “activity days” sports and games.

### **Tuesday and Thursday**

are “fitness days” combination

Of fitness type activities

### **Fitness Testing**

- all students will be tested in the Fall

and Spring in the following categories:

Height and Weight

Pulls ups, push- ups, sit ups, v-sit, shuttle run,

Right and left leg stretches, ¼ mile run for (k-2)

½ mile run for (3) and 1 mile run for (4 – 5)

## **Activities**

The year is broken down by

Fall, Winter and Spring Activities.

### **Fall**

Soccer, Football, Fitness Testing,

Hockey, Parachute, Fitness activities

### **Winter**

Volleyball, Bowling, Juggling, Jump rope

Jump Rope for Heart (3-5), Skating (4-5)

Gymnastics, Fitness activities

### **Spring**

Basketball, Fitness Testing, Backyard activities

(horseshoes, bocce ball, bags, frisbee) Softball,

Tee-ball, Fitness activities

Electives: golf, track, other activities

### **Asthma**

Your child should have their inhalers in the nurse’s office,

so that the student may be able to use them before

Tuesday and Thursday Fitness days or when

needed during the P.E. session.

Please Feel free to Contact Mr. Oliver

[Oliverjv@unit5.org](mailto:Oliverjv@unit5.org) with any questions or

concerns.