



Sequoyah Physical Education

Mr. Nick Malburg and Mr. Jack Wachter

Dear Sequoyah Families,

Welcome back to Sequoyah Elementary! Physical Education students at Sequoyah will be learning valuable movement and sports skills, fitness concepts, health and nutrition concepts, as well as cooperative activities that will improve their physical and social health. This year we are very excited to introduce rock climbing into the P.E. curriculum with our brand new 8x40' rock wall.

Sequoyah Physical Education Mission Statement

“Promote the social, physical, and cognitive health of students through various fitness activities, sports, and games that lead to students enjoying a healthy lifestyle. In addition, we will reinforce social skills through positive group interactions that will allow them to respect others. “

Physical Education important points:

Shoes:

Every student MUST wear tennis shoes with a non-marking sole. We have a beautiful gym floor at Sequoyah and we want to keep it beautiful for many years to come. Most importantly, we want to keep your children SAFE!

The schedule for when your child needs to wear gym shoes is online at:

www.cvs.k12.mi.us/nmalburg

The following footwear is **NOT** acceptable:

- Sandals or flip-flops of ANY type
- Heelies (shoes with wheels)
- Crocs (rubber shoes with a strap on the back)
- Cleats
- Hiking boots
- Dress shoes

* Students who do not wear proper shoes may be forced to sit out during an activity due to safety concerns.

** Any student who wears improper shoes more than 3 times a trimester will drop one grade in effort.

Attire:

Dresses, skirts, and very loose clothing should not be worn during Physical Education.

Grading Policy:

Children at Sequoyah will be evaluated in P.E. based on two main domains: Sportsmanship and Effort. Student's levels of physical fitness will be assessed with the President's Challenge fitness test (grades 3-5 only) in the spring. This test **will not** affect their report card grade.

Please note: The grade of a "1" is only assigned to a student who has exceeded far and above grade level expectations in all curricular and personal/social areas.

As a physical educator I will introduce students to a wide variety of physical activities so that they make healthy choices and are physically active for their entire lives. I truly believe that the concepts of cooperation, sportsmanship, and personal best are important for children to grasp at an early age. I gladly look forward to teaching your child this year.

Sincerely,

Mr. Nick Malburg
nmalburg@cvs.k12.mi.us
586.723.7038

Mr. Jack Wachter
jwachter@cvs.k12.mi.us
586.723.5228

Special Events:

In-School Bowling- Kingswood Lanes will bring bowling supplies to our school for one week to teach our students bowling. The proper approach, grip, and release will be taught as well as aspects of scorekeeping. Bowling week will take place during either December or January.

Jump Rope for Heart- Jump Rope for Heart is an event our school participates in to help raise money for the American Heart Association to fight heart disease and stroke. Sequoyah students have worked hard the past three years to raise over \$15,000 towards saving lives! The event will take place during your child's P.E. class the week of March 8, 2010.

Field Day- On Thursday, June 3rd we will hold Sequoyah Field Day. This is an end of the year celebration of physical fitness and fun. Parent volunteers are always appreciated. Thank you to parents whom have volunteered in the past, the students and I could not do it without your generous help.

Rock Wall Facts

- The rock climbing wall at Sequoyah is 8 feet tall by 40 feet wide. The wall was designed and built by Everlast Climbing Industries.
- There are 3” thick mats that cover the rock wall when it is not in use, and they fold down for safety when the wall is in use.
- The rock wall will only be available for students during physical education class and special events.
- The rock wall will always be closely supervised by the physical education instructor.
- There is a red line that runs the width of the wall that designates the highest point students can climb with their feet. This is for safety purposes.
- There are three different color hand and foot holds on the wall that vary in degree of difficulty.
- All students, K-5 will be using the climbing wall this year.
- The climbing wall will promote upper and lower body strength, sense of accomplishment, the conquering of fears, coordination, and team building. The benefits to this wall to our students are tremendous!

