



# UNION VALLEY PHYSICAL EDUCATION

Melissa Siemens-P.E. Instructor  
620-662-4891

[msiemens@usd313.org](mailto:msiemens@usd313.org)

#UVLEARN

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[uv.usd313.org](http://uv.usd313.org). Go to students-classes-  
physical education for news and  
calendar.

## WELCOME

Welcome to Union Valley Physical Education. Physical Education in schools is the cornerstone of an active lifestyle for all students. The P.E. program at Union Valley will provide the skills, knowledge and attitudes that facilitate choosing physical activity at home, at school and in the community. My mission is to educate your child about the importance of exercise and motivate him/her to participate in a lifetime of physical activity by exploring all avenues of health awareness and wellness.

## P.E. STANDARDS

The physical literate students will:

Demonstrate competency in a variety of motor skills and movement patterns.

Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Exhibits responsible personal and social behavior that respects self and others

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

## GRADING

Students are graded over the following areas:

Participation in class activities

Understands basic concepts

Cooperates in class activities

Demonstrates good sportsmanship and respect

## STUDENT EXPECTATION

### **Respect Teacher:**

Listen, Follow Directions,  
Start and Stop on Signal

### **Respect Others:**

Be Nice/Kind, No Put Downs,  
Invite to Group

### **Respect Equipment:**

Use Correctly, Be Safe, Put Away  
When Finished

## P.E. ATTIRE

To ensure your child's success and safety please have your child dress appropriately on the days they have P.E.

### **Please refer to calendar on the back**

Tennis shoes are a MUST to ensure your child is safe in the activities that they are participating in. NO sandals, flip flops, boots, or shoes with high heels.

Your child may be unable to participate in P.E. if not prepared!

## EXCUSE NOTES

In the event of illness or injury students should bring a note to be excused from P.E. If the child will miss multiple days because of illness or injury a copy of a doctors note should be sent. The note should detail the situation and the estimated return date.