

The purpose of elementary physical education is to empower all students in the personal development of skills, fitness and positive character traits that lead to a healthy active lifestyle.

The Troy School District Elementary Physical Education Department will continue with their new fitness program called T.R.O.Y. (Teachers Recognizing Outstanding Youth) Fitness Program. In the T.R.O.Y. Fitness Program students are working on five areas of fitness: **Endurance, Core Strength, Flexibility, Coordination, and Upper Body Strength**. Students are being tested in these areas to determine their level of ability. After the students know their level then they will be taught strategies to increase their abilities in each of the areas. This diagnostic approach will assist students in improving their personal fitness. This program is focused on students challenging themselves to increase their personal fitness level rather than comparing themselves to others. All students have different levels of fitness and we want students to recognize ways to improve themselves physically. The T.R.O.Y. Fitness Program will enable students to focus on their own fitness level and work towards increasing those levels. The outcome will be healthier students with well developed self-images.

Students' fitness levels are being tested twice a year and reported to parents through our new Physical Education report cards. Students will be able to see their progression from semester to semester and year to year. Our goal is to help students understand that their health and well-being is not a competition among friends, but a challenge to themselves. We have also developed a reward system to help students focus on their personal goals. Once again these rewards are based on the individual student's scores and what they accomplish. It will not compare students to others. As your child's Physical Education teacher, I strive to empower your child in the personal development of skills, fitness, and positive character traits that leads to a healthy, active lifestyle

Using the T.R.O.Y. Fitness Profile, students will track their achievement and set goals throughout their elementary years.

The elementary Physical Education program will continue to be built upon the following five goals which are part of the state and national content standards. These goals are stated in terms of student performance.

1. Demonstrate competence in selected motor skills
2. Demonstrate competence in selected lifelong games, sports, and activities
3. Demonstrate the ability to assess, achieve and maintain health-related levels of physical fitness
4. Demonstrate the ability to apply cognitive concepts in making wise lifestyle choices
5. Exhibit appropriate personal-social character traits while participating in physical activity

PHILOSOPHY

Our philosophy in teaching elementary physical education is to focus on the student's physical, cognitive and personal/social development. We provide activities that develop muscle strength, coordination, skill development and endurance. Our classroom environment is designed to create attitudes that help foster cooperation, teamwork, leadership, sportsmanship, fair play, and responsible behavior choices. We aim to challenge our students to do and be more than they ever imagined they were capable of achieving. We feel it is very important that students learn and develop healthy habits concerning daily nutrition and optimal fitness levels that will continue throughout their lifetime.



MAKE A NOTE OF IT!

At times during the school year, your child may not be well enough to attend physical education classes. They may be injured or under a doctor's orders not to participate in physical education class. Under these circumstances, please send a note stating why and for how long your child will be unable to participate. For prolonged injury or illness, a release from the doctor or parent is needed to resume participation. Your cooperation in this matter will be greatly appreciated.

CHECKING EMAIL

FYI – the best way to reach me is by email. I will check my email daily, first thing in the morning and at the end of each school day.



GYM SHOES & CLOTHING

All students are required to wear clean, dry and proper fitting gym shoes (*shoe laces or Velcro*). **FOR THE SAFETY OF YOUR CHILD, PLEASE NO ZIPPERS.** When purchasing gym shoes for your child, please make sure that the soles are non-marking and less than 1 inch in height. It is also recommended to wear comfortable clothing that will not prohibit movement. Skirts and dresses may prohibit participation in some activities. If your child does not come properly dressed for participation and misses 5 or more classes during the semester, they will receive a **NEEDS IMPROVEMENT** grade in the Effort section of their report card.

PARENTS: HOW CAN YOU HELP AT HOME?

Parents play a **BIG** part in the total physical development of their children. You can help at home by providing nutritious, well-rounded meals. School snacks should consist of fruits and vegetables. Make sure that your child gets a minimum of 10 hours of sleep every night. Encourage your child to participate in physical activity at home. Purchase a jump rope or chin-up bar and provide an opportunity for your child to participate in recreation department sponsored programs. Monitor time spent on the computer and video games and encourage them to get involved in physical activity.

EXTRA OPPORTUNITIES FOR STUDENTS TO PARTICIPATE IN OUTSIDE OF PE CLASS

1. Monthly Activity/Nutrition Calendar (Wass homepage)
2. CrimFit Mileage Program (During Lunch Recess)
3. Healthy Lunch Club (Fruit, Vegetable, and healthy drink)
4. Early Bird Trot (Select Mornings before School)

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