



## AVENTURA WATERWAYS K-8 CENTER ELEMENTARY PHYSICAL EDUCATION RULES

### Dress:

- Sneakers should be worn for P.E. No open toe shoes, slides, wedges, heelies, or boots will be permitted.
- Absolutely NO CELL PHONES, MP3 PLAYERS, VIDEO GAMES, ETC will be permitted in P.E. If found, they will be confiscated and turned in to the front office for a parent to pick up.
- We do not maintain a lost and found. The Physical Education Department does not take responsibility for items left by students.

### Food/Drinks:

- Water fountains are available for the students use during P.E. However, there are a limited number of water fountains, so we recommend that your child bring his or her own water bottle. A plastic water bottle or a reusable sports bottle will be fine, just make sure to **put the child's name on it**.
- Students **will not** be permitted to bring sports drinks, tea, juice, or any other sugary drinks. **ONLY WATER!**
- No food, gum, candy, snacks, etc. will be allowed during P.E.

### Excuses/Absences:

- If you child will be sitting out of P.E. for the day, the parent/guardian must provide a written excuse for each day the child will be out.
- Any student who is not feeling well during the day, that needs to sit out may do so, but will receive a "0" for that day and an alternate assignment will be given. A written excuse must be presented to the P.E. teacher the next day for the "0" to become an excused absence.
- If your child is going to be unable to participate for more than 1 week, they will need a signed doctor's note to be excused from activity.
- If your child has any illnesses/conditions (i.e. asthma, allergies, diabetes, etc...) please provide P.E. teacher with a doctor's note so we will know the limits of the child and how to treat their illness should a situation arise. Attached to this packet is a copy of the Modified Elementary Physical Education Form that may be filled out by your child's physician.
- Please be aware that we are required to fitness test your child. This will include items like the mile run, push-ups, and curl-ups. If this will be a problem for your child, we must have a doctor's note excusing participation.

Misc:

- Students **will not** be allowed to enter the P.E. offices, classroom, or locker rooms unless given permission by a P.E. teacher.
- Students may not leave class without a pass and permission from the teacher.
- All accidents and injuries **must** be reported **before** leaving P.E. class.

Grading:

- Because this is an Academic grade, each child’s grade will be based on the following:
  - Participation (including being dressed in proper attire)
  - Skill tests
  - Written knowledge tests
  - Monthly Physical Activity Logs (Grades 3, 4, and 5 only)
- Students will be required to complete a monthly physical activity log. A copy of the log is attached, and additional copies may be printed from the physical education webpage. Students are responsible for printing their logs off the internet or making copies of the included page. A hand written log is also acceptable if it includes all of the correct information.
- To receive full credit for the assignment, it must be signed by a parent/guardian and turned in no later than the dates given below.
- To access the Physical Education Department information on the internet go to: <http://aventurawaterwaysk8.dadeschools.net/PE/index.html>

Elementary PE Activity Log Due Dates

Log for the Month of:	Due no later than:
September	10/07/2016
December	12/9/2016
February	02/10/2017
April	04/07/2017
June	06/07/2017

**We look forward to a fantastic, physically active year with your students. If you have any questions or concerns please contact us. The best way to contact us is by email, due to the fact that there are no phones outside in the PE area. Phone messages may take longer to receive and return. Our email addresses are as follows:**

- Coach Navarro- [TicoNavarro@dadeschools.net](mailto:TicoNavarro@dadeschools.net)**  
**Coach Stephens- [261789@dadeschools.net](mailto:261789@dadeschools.net)**  
**Coach Green- [pgreen6@dadeschools.net](mailto:pgreen6@dadeschools.net)**

**\*Please sign, date, and return page three to your P.E. coach\***



I certify that my son/daughter \_\_\_\_\_ and I have read the above P.E.  
(Name)  
rules and we understand them.

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Homeroom Teacher \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_