



What Parents Can Do To Help:

Quality physical education requires a working partnership between parents and physical educators. Good communication supports the goal of providing quality learning experiences for our children.

To help, you can:

- Equip your child with appropriate exercise attire, and shoes.
- Support and encourage your child's daily participation in appropriate, enjoyable physical activities in and out of school.
- Be a physically active role model for your child and participate in family activities that include physical activities.
- Encourage your child to be respectful of others.

Take Advantage of Community Services!

Using the resources in our community can add to the knowledge and experience of our children in their physical development.

Most communities provide:

- A range of age appropriate community sports and recreational activities that attract young people;
- Access to a wide range of community resources such as YMCA's, YWCA's youth clubs and centers, park facilities, fitness trails, golf courses;
- and Community educational opportunities such as martial arts, dance classes, swimming programs, and other physical activities.

MAINLAND HIGH SCHOOL PHYSICAL EDUCATION

FIT FOR LIFE!

The Goals of Physical Education

There are three basic goals of physical education:

1. To produce physically fit youth;
2. To teach the relationship between physical activity, physical fitness, and health; and
3. To promote the skills, knowledge, and attitude to help children lead active, healthy, and productive lives as adults.

From Louis W. Sullivan, M.D., U.S. Secretary of Health and Human Services

Physical education teachers want what you want...

Empower your child to lead a healthy, happy, successful and productive life.

One way we can do that is by ensuring that your child learns what they need to know and be able to do to achieve these goals.



Physically Educated Person

The National Association for Sport and Physical Education (NASPE) defines a physically educated person as someone who:

- Has learned the skills necessary to perform a variety of physical activities;
- Is physically fit;
- Participates regularly in physical activity;
- Knows the implications of and the benefits from involvement in physical activities;
- & Values physical activity and its contribution to a healthy lifestyle.

***Is your child a physically educated person?
Are You?***

What the Research Says:

All children benefit from regular structured physical activity.

- Through daily activity, children can improve and maintain the health and quality of their lives.
- Physically active, aerobically fit children perform better in school.
- Children who are physically active during the school day perform better on standardized tests.
- Greater amounts of physical activity produce greater health benefits.
- Physical activity reduces the risk of premature coronary heart disease, hypertension, colon cancer, and diabetes.
- Physical activity improves mental health and is important for the health of muscles, bones, lungs, and joints.

Physical activity reduces stress, helps to control weight, and is a valuable use of leisure time.

- conclusion from the report of the Surgeon General of the United States, 1996 and Donnelly and Lambourne, 2011

MAINLAND HIGH SCHOOL

Physical Education Departmental Policies

Storing of Valuables & Personal Items

Students should keep all valuables & personal items locked.

Lockers are available for rental.

- Semester rental \$5.00
- Yearly rental \$10.00

Students are not allowed to share lockers.

All items, stored in semester rentals, must be removed at the end of each semester.

At a minimum, students should take their personal items home weekly for cleaning.

Dress Code

Dressing –out is optional, but is highly encouraged. However, proper footwear is required.

Students that participate in shorts, t-shirt, socks and sneakers, are less likely to sustain an injury, and tend to participate at a higher level than those that do not completely dress-out.

Dressing out also helps with hygiene...please be considerate of your classmates in your classes following your PE class.

Shoes should be properly laced, and tread not worn away. Skate board, boat shoes, slip-ons, boots, slippers, etc... are not appropriate (your teacher has the authority to determine if your shoes are appropriate or inappropriate). Uniforms will be available for purchase for \$20.00 for the set (separately \$15 shirt, \$10 shorts)

Class Participation

In activity classes, students are expected to participate fully every day.

In Personal Fitness classes, students will meet in the classroom one day per week, and participate in fitness activities four days per week.

If a student is absent, or is not able to participate, it is their responsibility to contact their teacher for the make-up assignment.

Behavior

Be Prepared, Play Hard, Play Fair, Play Safe & Show Respect!