

S.D.C.H.

Physical Education Class Rules

San Diego Christian Homeschools P.E. Program Rules:

- 1. Arrive on time.** If you happen to arrive late it is usually no big deal just try not to disturb the current activity. If you arrive during the warm-up activity please just join in at the back of the group. If you arrive during a lesson, game, or sporting event please approach an instructor and ask where you should be.
- 2. Bring water.** Please bring your own water bottle to every class. Put your name or initials on it and leave it at the warm up area or wherever the instructors tell you to leave it (in the shade, if possible). Please do not bring snacks, juice or soda to P.E.
- 3. Dress appropriately.** Always wear closed-toe sport-type shoes (like tennis shoes). No sandals or pumps, please. Wear clothing that you can comfortably run, jump, bend, and crawl in. If you would like to wear shorts, please make sure that they are not “too short” or too tight. No half-shirts, please.
- 4. Be kind toward other students.** No “put-downs” or inappropriate laughter, please. Instead, encourage, support, congratulate, and cheer for each other. If you have a problem with another student please try at least once to quietly resolve it between the two of you before bringing it to the attention of parents or instructors. *WWJD!!!*
- 5. Be respectful of the instructors.** No talking when the instructor is talking please. Raise your hand if you have a question that can't wait, otherwise save it until after the end of class. Wait for rules and instructions before you begin. Instructors are referees and their “call” is the final word. No arguing or talking back, please!
- 6. Get permission first.** Please do not touch ANY of the equipment unless the instructor has given you permission to do so. Please do not leave the group for any reason unless the instructor has given you permission to do so, and always get your parent's permission to do so first.

Suggestions to make P.E. even more fun...

Sunscreen is very important for preventing sunburn. Please put your sunscreen on before you arrive at P.E. class. You also might like to wear a hat or sun visor on very bright days. Girls with long hair might be more comfortable with their hair in a braid, ponytail, or up in a bun.

If the grass makes you itchy please bring a towel or mat to do the warm ups and cool down stretches. You can leave your towel at the warm up area with your water bottle while we are doing activities.

Use your P.E. Physical Activity Log to keep track of your at-home exercise and activities and earn P.E. Points called “STARS”. The log is available on the website.

Don't feel badly if you aren't yet able to do what someone else can do. We're all learning and growing all the time. Try your best and do all things to the glory of God.

P.E. Parent Rules

Attention Parents: Please indicate on your child(ren)'s P.E. Registration Form at least two classes this school year in which you are available to help lead the P.E. class. The dates, times, locations, and specific lessons are listed on the P.E. Lesson Plan form. Parents who are taking care of an infant or toddler are exempt from this rule.

Generally parents are encouraged to stay in the vicinity of the park during P.E. however if you are not able to be present during a P.E. class please make arrangements with another parent who is willing to be responsible for your child. Please do not leave it up to the P.E. instructors to “watch” your child(ren) - they will be busy teaching.