

**RULES  
AND  
EXPECTATIONS**

**Welcome to P.E. 2008-2009.**

I hope you have a wonderful experience in P.E. class this year.

My name is Mr. Jayne. I have taught P.E. for many years, thirteen of them in District 204. I am here to help you, so if you have any questions or comments please give me a call. (630-428-6072).

I will try to get back to you the same day.

**THE CLOW P.E. CLASS DAYS ARE:**

(Cut and post)

**KGpm- W; KMe - M,W,F ; KMi- Tu, W, Th**

**1B - T,W,Th; 1P - M,W, Th; 1S- M,Tu,F.**

**2F-M,Tu,Th; 2He- W,Th,F; 2Hx- M,Tu,F.**

**3F- W,Th,F; 3Ma- M,Tu,F; 3Mo-M,W,Th.**

**4A -M,Tu,W; 4S -M,W,Th; 4V- Tu, Th,F.**

**5M-W,Th,F; 5P- M,Tu,F; 5S- M,W,Th;**

These are some rules and guidelines that should help lead to a happy, healthy and safe P.E. Program:

1. The students must have proper gym shoes that are secured with Velcro/shoelaces to insure safety for all (the gym floor is carpeted).
2. If dresses/skirts are worn, the students should have shorts on underneath. Please have the students dress comfortably and safely.
3. I have the discretion to limit a student's movement due to restrictive clothing to help prevent potential injury.
4. If your child needs to be excused from P.E. class, please have a signed note for him/her, so I can keep a record of it. After the third day, a doctor's note is required. Can the student do limited movement? Let me know, please.
5. Please let me know any medical changes during the school year.
6. If your child needs to have his/her inhaler or other medical device for P.E., please see that they have it to prevent any problems.
7. Discipline/Positive procedures will be handled in class/school. Depending on the situation you may receive a letter/phone call.

NAME: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
CHILD&CLASS: \_\_\_\_\_

This section is for anyone who might be interested in helping at our events during the year. Some events will involve a contact person I can count on to help organize the workers. A brief description of the event and tentative dates are included. **RETURN TO MR. JAYNE BY 9-11-08**

\_\_\_\_\_ FITNESS TESTING (Sep/Oct.; Apr/May)  
Grades 1-5 will be tested to monitor their fitness levels.

\_\_\_\_\_ PASS,PUNT and KICK Competition  
(Sept. **after** school the week of 9/15/08)  
NFL football skills challenge for boys and girls ages 8-15.

\_\_\_\_\_ FIELD DAY ( Beginning of June)  
A fun day for all to celebrate.

\_\_\_\_\_ FUN RUNS (tentative). A once a month community walk/jog activity

\_\_\_\_\_ MORNING PROGRAM! (tentative)  
We might do yoga, games, dance, exercise...

\_\_\_\_\_ I can help sew, iron, mend.

\_\_\_\_\_ I can help put class work up on walls, etc....

COMMENTS:

Sports do not build character. They reveal it.

**John Wooden**

1910-, American Basketball Coach

**Exercise Makes Your Heart Happy**

**Exercise Strengthens Muscles**

**Exercise Makes You Smarter**

**Exercise Makes You Feel Good**

MR. TIMM JAYNE  
CLOW ELEMENTARY SCHOOL  
PHYSICAL EDUCATION TEACHER  
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SCHOOL ADDRESS:  
1301 Springdale Circle  
Naperville, Il. 60564-8700  
Phone #: 630-428-6072

## UNITS OF INSTRUCTION:

GRADES:> ACTIVITY:	K	1	2	3	4	5
CONDITIONING EXERCISES	X	X	X	X	X	X
GYMNASTICS/ TUMBLING	X	X	X	X	X	X
LOW ORGANIZED GAMES	X	X	X	X	X	X
MANIPULATIVE SKILLS	X	X	X	X	X	X
RHYTHMIC AND DANCE	X	X	X	X	X	X
RECREATIONAL GAMES		X	X	X	X	X
HEART ADVENTURE	X	X	X	X	X	X
BADMINTON					X	X
BASKETBALL				X	X	X
FLOOR HOCKEY				X	X	X
FOOTBALL					X	X
FITNESS TESTING		X	X	X	X	X
SOCCER				X	X	X
SOFTBALL/T-BALL		X	X	X	X	X
TRACK AND FIELD				X	X	X
VOLLEYBALL				X	X	X



## **CLOW COUGARS PHYSICAL EDUCATION BROCHURE**

SCHOOL YEAR 2008-2009

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