



Dormont Elementary Physical Education

A year of Fun and Fitness!!

The Keystone Oaks' mission is to provide a safe learning environment that prepares critical thinkers to become responsible and productive members of society.



Course Overview: Dormont Elementary physical education program is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various activities, students in our program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness.

Student Expectations:

Safe - Shoes Tied, Stay inside the court, Enter/Exit walking

Responsible - Dressed appropriately, Use equipment properly, Sit on spots

Respectful - Hands and Feet to self, Listen to teacher, Quiet when teacher or other students are talking

Kind- Taking turns, Help each other, Encourage each other

Here- Participate, Try your best, Have Fun

Evaluation Process - The following will be used to determine your grade:

- A. Participation Points – each day of PE is worth 5 points. In order to receive all 5 points you must:
 - ✓ Come to class dressed and ready to play and move.
 - ✓ Wear comfortable clothing on PE days. No dresses, heels, boots, sandals, or flip flops permitted.
 - ✓ Participate in the class activities the entire class period (5 point)
- B. Written Work –quizzes, tests. (Varies on the unit)
- C. Skills Testing- varies on the unit and grade
- D. Fitness Testing Grades 2-5 only. Students are given a participation score for the fitness pre test. In the spring, students are graded on THEIR OWN IMPROVEMENT.

Fun Activities in class and during the year

- ✚ In January, We will participate in Jump Rope for Heart raising money for the American Heart Association.
- ✚ In the spring, our fifth graders will have the opportunity to play in a basketball game and a track meet against Dormont and Myrtle Elementary schools.
- ✚ In May, we will be running in our third Kids of Steel Race!! Training starts in January and information will be sent home before winter break. This is for all students at Dormont Elementary.

My philosophy for physical education is a little different at Dormont than most. In my class, your child will learn about the functioning of their body. They will not just learn HOW to do different activities; they will learn WHY they might even bother to participate. They will also learn what their bodies are doing during different activities. I hope to help your child become a lifetime lover of a variety of activities. Since those are the expectations I have placed upon myself, I must require these few simple items from your child. Thank you for your cooperation and understanding. If at any point in time you have questions or concerns, please do not hesitate to contact me.

Thanks and I look forward to another exciting year at Dormont!!

Joseph Klipa
Health and Physical Education Teacher
Dormont Elementary School
412-571-6000 ext. 4192
klipa@kosd.org

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato