

Welcome to Oak Prairie Physical Education

Mr. Coopman – Physical Education Teacher

Mrs. Russell – Physical Education Teacher

Mr. Wedewer – Physical Education Teacher

Mrs. Gialamas-Hayes – Health Teacher

***Students will have Physical Education 3 quarters & Health class 1 quarter each year.**

***Students will dress every day for PE.**

REQUIREMENTS FOR CLASS:

P.E. uniform (shirt, \$7.00; shorts, \$11.00) - \$18.00

Padlock for P.E. locker - \$5.00

Heart Rate Monitor Strap - \$13.00

Total = \$36.00 if you need everything.

Deodorant (no sprays or glass containers)

Gym shoes (No crocs, slides, hey dudes, boots etc.)

NO DRESS POLICY:

Students can participate in their street clothes (if appropriate) but they lose a Daily Grade point.

OR

Students may use our uniform rental system to rent a clean uniform for class & not lose any points.

Rental system:

PE Uniform: \$.50 (top & bottom), \$.25 each

Fitness Straps: \$.50

MEDICAL EXCUSES:

Please communicate with us concerning medical situations. Send a written note or email to their current P.E. teacher. We understand it may be difficult to get an appointment to see a doctor right away. Communicating with us will alleviate any issues with participation.

If they are out of PE for an extended period of time, they will be expected to complete packets about multiple sports during class. (Teachers will provide these to the students)

GRADING SCALE (100%)

50% Daily Grade (Participation, no dresses, etc.)

25% Bulldog Run (1/2 mile jog, 10 laps, once a week)

25% Fitness Room/Heart Rate Monitors (HRM)

MAKE-UP WORK:

Students will be able to make-up the Bulldog Run during the beginning of class while the rest of the students are jogging their warm-up.

Fitness room can be done before or after school (Takes about 20-25 minutes). Students can schedule the time with their teacher. They can take the activity bus at 3:30 if needed (they must sign up at the beginning of the day; Monday, Tuesday or Thursday).