


Physical Education

Mr. Tommy

Mr. David

Grading



4	<p>Students is always participating with enthusiasm and effort.</p> <p>Student is demonstrating a high level of responsibility and social behavior including safety, sportsmanship, and showing respect to classroom and teachers.</p>
3	<p>Student is frequently participating with enthusiasm and with effort.</p> <p>Student is demonstrating a good level of responsibility and social behavior.</p>
2	<p>Student occasionally participates with effort.</p> <p>Student demonstrates some responsible and social behavior.</p>
1	<p>Student makes little or no effort.</p> <p>Student demonstrates little or no responsible or social behavior.</p>



Two rules in the gym

- Be Safe

- Wearing proper sneakers and clothing during physical education.

- Looking with eyes and paying attention.

- Listening with ears and following directions.

- Be respectful

- Treating other peers and teachers with respect.

- Showing good sportsmanship

Sneakers

- Please have your child wear sneakers on days when they have physical education.
- On rainy days, students will have a chance to change their shoes to sneakers.



Hand-eye coordination



Manipulative with hands



Manipulative with feet



Using resources (scooters, hula-hoops, jump-ropes)

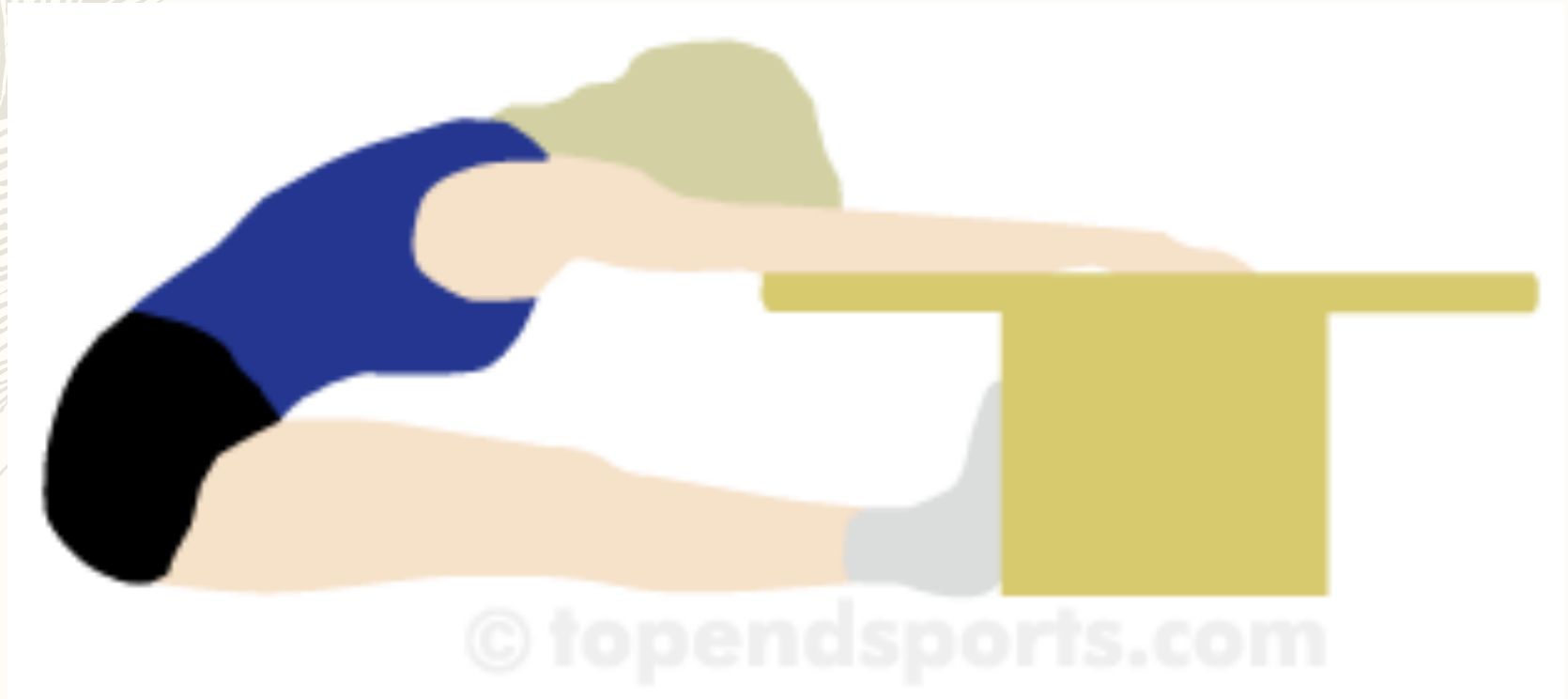


Fitness gram (for 3rd-5th grade)

– Pacer



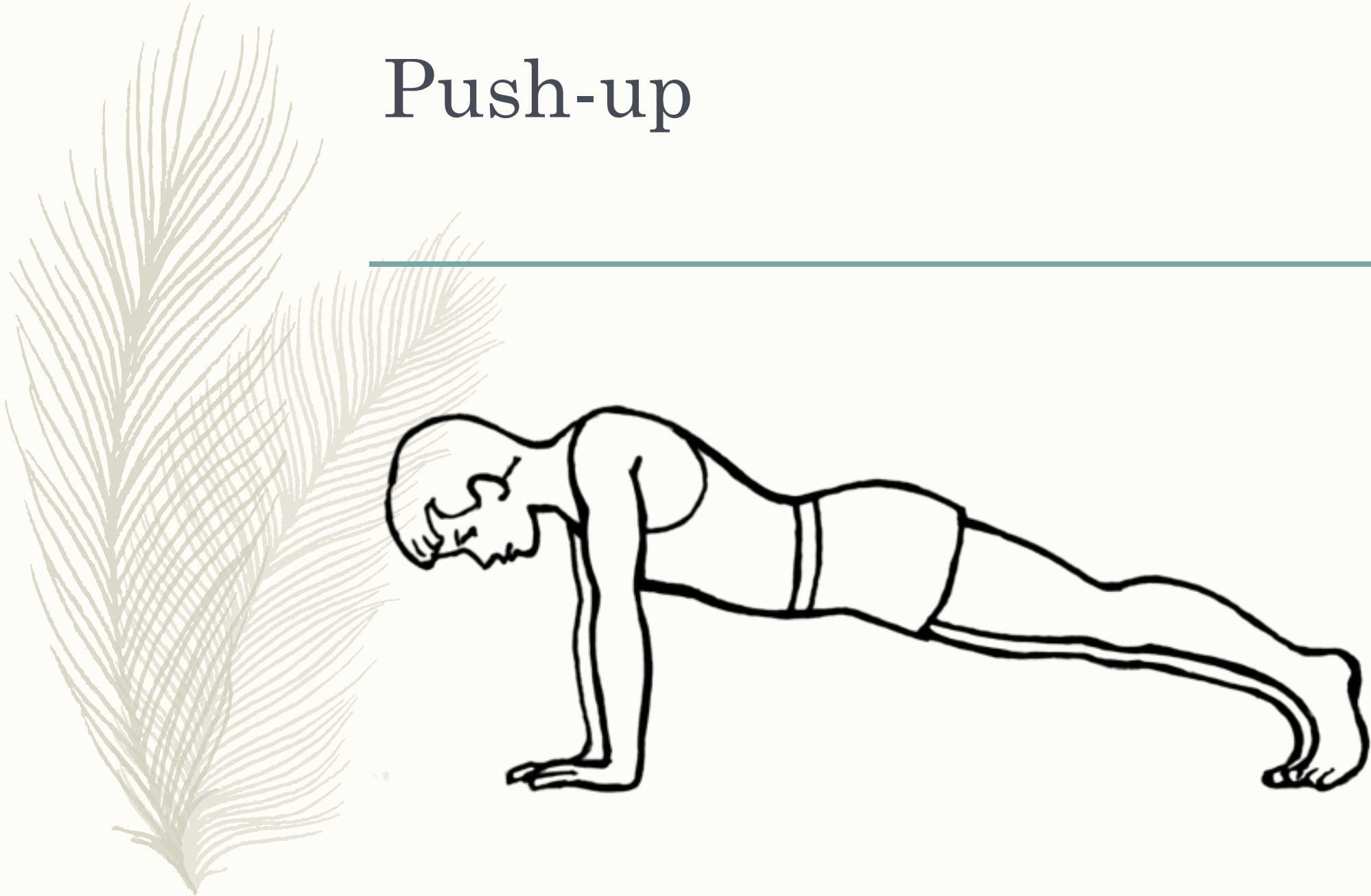
Sit and Reach



Trunk Lift



Push-up



Curl-up





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