

Reminders



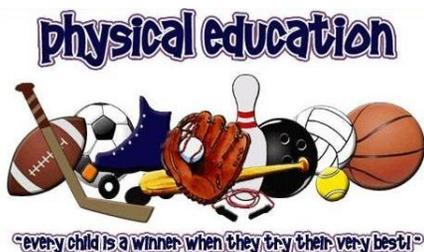
TO BE EXCUSED FROM GYM:

Because students only have physical education twice a week, it is essential that they are participating to maximize learning and meet their physical education requirements.

**If your child must sit out for 1 day due to an illness or injury, please write them a note so we can excuse them for the day.*

A doctor's excuse must be given if your child has an injury or illness that prevents them from participating for more than two classes.

SNEAKERS REQUIRED!!



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Physical education plays a critical role in educating the *whole* student. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful.

The goal of our physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual*:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle



Blirstown Elementary School



Physical Education Program



In partnership with home & community, Blirstown Elementary School is dedicated to the mission of providing an engaging, comprehensive education.

A passion for learning is ignited through an enriched learning environment. While celebrating individuality, our students develop confidence, competence and character.

General Information



Blairstown Elementary School's Physical Education program is dedicated to providing the best possible experience for students.

All students in grades Prek-6 receive 42 minutes of instruction, 2x's per 6 day rotation. Classes are taught by a team of professionally trained Physical/Health educators. Mrs. Reynolds & Mr. Mazzetta are our experienced teachers and are supported by para-professionals.

PE classes are dedicated to creating opportunities for children to be physically active, as well as helping students make positive and healthy lifestyle choices.

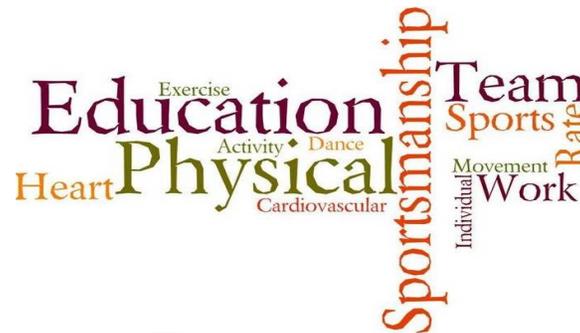
An informational assembly is given to students at the beginning of the school year, explaining expectations and general procedures for physical education classes.

All students are expected to wear appropriate clothing. Sneakers are required for participation. They are also expected to come to class prepared to participate, learn and be active.

Elementary PE lessons are based on and developed using the New Jersey Physical Education Standards.

Preschool-2nd

A foundation for movement is built. This level focuses on gross motor development, basic eye-to-hand and eye-to-foot coordination, spatial and body awareness, rhythm, and balance. Students develop the foundations of basic fitness concepts, a beginning base of cognitive knowledge of sports and activities and social skills. These objectives are accomplished through games situations and activity centers.



HEALTH & PHYSICAL EDUCATION



3rd-6th Grade

Students learn to apply and expand basic movements, knowledge, and skills. Lead-up games and modified sports skills are introduced in order to continue gross motor development, fine motor coordination, physical fitness, social skills, and rhythm. Game situations and cooperative activities are utilized to promote positive sports-like behavior.

