

PCS ELEMENTARY PHYSICAL EDUCATION

Dear Parents and Guardians,

Welcome to what I hope will be a fun and exciting year for you and your children in Poland Central Schools. My name is Jonathan Hodge, the K-5 physical education teacher and 11-12 PE Teacher. This is my 13th year in education, and my first year back in Poland (I was a Poland student until 3rd grade). I am a graduate of St. Cloud State University (Minnesota) where I received my degree in K-12 P.E. as well as minors in Coaching and Adapted P.E. (in progress). Before Poland, I spent six years teaching P.E. and coaching in Western Minnesota, three years teaching Special Education and coaching College Basketball in Minneapolis, Minnesota and most recently spent two years at MVCC as both a Coach and Counselor.

A major goal of my program is for students to learn how to become physically fit people, not only while in school, but in everyday life. This year your child will be exposed to the wide world of physical education and its many components. Possessing a **positive attitude, and exercising good sportsmanship is key**, and will be stressed everyday in my class. Students will be working on many movement skills, concepts and strategies, lifelong activities, responsible personal and social behavior, and understanding the value of physical activity over the course of the year. Many of their favorite games will be played this year, with some **new and exciting** activities thrown in as well. All of these activities will be taught with developmental and age appropriateness in mind. In addition, I look forward to incorporating health, wellness, team building and physical fitness concepts into the students everyday P.E. experience.

The gymnasium will have a few expectations that are important for everyone to follow for maximum learning and fun. As a class, we will be discussing and learning these expectations and routines during the first week. The expectations will also be posted in the gym as a friendly reminder :) Aside from the posted expectations, students are **expected to have sneakers** for class everyday for safety purposes. They will not be allowed to participate if they do not have sneakers for class. In addition, in abiding by COVID protocols, the goal is to be outside as much as possible. Please help your child prepare for this by packing layers when appropriate. Masks will be required for P.E., with mask breaks implemented when it makes sense to do so.

Below are the five expectations of the physical education classroom:

- 1.) Be Respectful
- 2.) Be Safe
- 3.) Do Your Best
- 4.) Play Fair
- 5.) Have Fun

I look forward to getting to know each and everyone one of you and your children. Please feel free to call me or e-mail me with any questions, comments or concerns. I am excited to be working together with you. Thank you in advance for a fun filled and exciting year at Poland Central School!

Sincerely,

Jonathan Hodge
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