

October, 2018

## Sports and Fitness At-Home Inventory for OES Students

Dear Parents of OES Students,

As a part of our Physical Education Program this year, we've developed a recognition program called P.E.P. This is an acronym for *Physical Education Pride*. During the course of our PE classes, we've designated certain team or individual events to be PEP events. This means that students can earn points towards the possibility of earning a large PE medal to be awarded in the middle of May, 2019. **It is our plan to honor five girls and five boys in grades 2,3,4, and 5 (40 total medals).**

In addition to competitive events during PE classes, students can also earn points for exhibiting **good sportsmanship** each quarter. (Good sportsmanship is Standard #5 in the California Physical Education Framework.)

Additionally, we thought that it would be a good idea to send home a Sports and Fitness Inventory once this year (2018) and once next year (2019). **This is purely optional on your part.** As many as **fifteen points** will be rewarded to students who return this inventory with a parent's signature. (Ten points is the maximum allowed for all the other PEP events.)

You will basically find four categories of activities on the other side of this page. One category allows you to list any lessons that your child takes. Examples are karate, dance, gymnastics, swimming, etc. Some kids even participate in different styles of dance requiring two different lessons, and those should be listed as separate items.

Another category allows students to list sports teams they participate on. Examples would be soccer, basketball, baseball/softball, football, etc.

Also, students that work out with their parents could list those activities as well. Examples would be walking, hiking, bicycling, swimming, etc. on a regular basis.

Lastly, it is also possible that a student did a single, challenging event during the year. Participation in a kids' road race or triathlon is one example. Doing an especially challenging and epic hike is another. Going downhill skiing with mom and dad would be still another.

You don't need to have a long list of items to get your fifteen points. It is important though that these items show some level of fitness participation, primarily in the strength and cardiovascular areas. **This inventory is due Friday, October 12.**

Thank you,  
Coach DeCarli and the OES teachers (2nd through 5th grades)

## Sports and Fitness At-Home Inventory for OES Students

*(We are actually counting activities from October of 2017 to October of 2018.)*

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Parent's Signature

### LESSONS

My child has participated in the following lessons for most of this past year (5 points each)  
(Examples: gymnastics, dance, swimming, golf, karate, etc.)

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

### SPORTS

My child has successfully completed the following sports' seasons this past year (5 points each)  
(Examples: soccer, baseball/softball, basketball, football, etc)

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

### HOME WORKOUTS

My child has done the following workouts at home on a consistent basis two or three times per week (5 points) (Examples: **CARDIO** - walking, hiking, biking, swimming, running, and **STRENGTH WORK** - pushups, pullups, sit-up type exercises, leg work, etc.)

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

### SINGLE-DAY EVENTS

My child has participated in the following single-day events this year (1 point each) (Examples; ran in a foot race or a track meet, participated in a kids' triathlon, skiing, etc. Also, if you went skiing three times, that would count as 3 points, etc.)

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

Dear Teachers in Grades 2,3,4,and 5,

As a part of our PEP (Physical Education Pride) program each quarter each teacher can designate students to be awarded 10 points for **Good Sportsmanship**.

Since the total program for the year only contains about 150 points per student, 10 points per quarter could be very significant for a student.

Good sportsmanship is the 5th standard in the California Physical Education Framework.

A student demonstrating Good Sportsmanship does the following:

- Is respectful of the decisions made by teachers, coaches, parent volunteers, and referees.
- Is a good teammate, possibly even helping another student that is having a problem understanding a particular activity.
- Shows good temperment when winning or losing.
- Respects the PE equipment.
- Puts forth excellent effort.

While points for the PEP program are scored in activities hosted by Coach DeCarli, when considering **Good Sportsmanship**, a teacher could certainly consider both Coach DeCarli's PE activities and her own PE classes away from Coach DeCarli. Even effort in physical fitness activities (like running the mile) could be considered.

***So, all you have to do is look at the attached paper and highlight those students in your class that you would like to award ten points to for Good Sportsmanship in the First Quarter. You may have several students that qualify, or you may only have a couple. It is up to you. Please try to get these to me by no later than October 5. You could also place them in Mrs. DeCarli's mailbox.***

Thanks,  
Coach Mike