

### PARENT-TEACHER COMMUNICATION

The PE Coaches at Cielo Vista strive to keep an open line of communication with students, parents, teachers and administration. If there are ever any questions or concerns regarding PE or recess, we would like to address them as soon as possible. Please do not hesitate to contact the coaches via email to set up some form of communication to discuss all inquiries.



### CONNECTING PE AND HOME

Physical Education teaches the importance of physical activity and nutrition. These concepts are stronger when parents reinforce them at home with students. Please encourage students to engage in physical activities as opposed to video games or other electronics. Also, please help students make healthy choices in regards to meals and snacks. We also ask that parents discuss the PE activities and assignments with students.

### TECHNOLOGY IN PHYSICAL EDUCATION

Technology is an important key in education today. Cielo Vista PE will assign several online assignments starting in the upper-grades. These assignments are intended to promote responsibility, accountability, and research techniques. They will target various concepts such as healthy diets, sportsmanship, sports and even some history.

\*Website used for online assignments:  
- [episd.schoolology.com](http://episd.schoolology.com)

### FITNESSGRAM

3<sup>rd</sup> – 5<sup>th</sup> graders participate in FitnessGram assessments, the national health-related fitness assessment adopted by the Presidential Youth Fitness Program.

### PE EVENTS AND FUNDRAISERS

- Popsicle Sales \$\$ (year-long)
- Bobcat Bolt \$\$ (Nov.)
- 5<sup>th</sup> VS Faculty Volleyball (Dec.)
- Wellness Wednesdays (spring semester – open to parents)
- “Kid’s Heart Challenge” through American Heart Association (Feb.)
- Kite Day (Mar. – open to parents)
- Braden Aboud Walk/Run \$\$ (May)
- 5<sup>th</sup> VS Faculty Basketball (May)

## **Cielo Vista Elementary**

### **Physical Education**



## **Home of the Bobcats**

**2020 - 2021**

School/Parent Compact  
Physical Education  
Kindergarten – 5<sup>th</sup> Grade

School Website: [episd.org/cielovista](http://episd.org/cielovista)  
School Telephone: 915.236.8375  
PE Website: [bobcatpe.weebly.com](http://bobcatpe.weebly.com)

### WHAT IS A SCHOOL-PARENT COMPACT?

Our annual school-parent compact offers ways that we can work together to help our students succeed. This compact focuses on Cielo Vista's Physical Education by providing an overall view of the PE program. It also provides information to help connect PE concepts between school and home, and shows how we promote the importance of physical activity and a healthy diet at home.

### THE IMPORTANCE OF PHYSICAL EDUCATION

Physical activity is absolutely vital for children. It not only develops healthy bones, joints, and muscles, but also fends off obesity and improves academic performance. Most importantly for school-aged children, physical activity offers opportunities to socialize and develop new skills. Research shows that physical activity improves concentration and memory, promotes faster cognitive processing speeds, and increases academic performance.

### WHO PARTICIPATES IN PE?

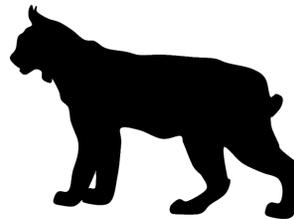
Students in Kinder - 5<sup>th</sup> grade have PE class DAILY. Students are expected to participate in all activities and lessons and will receive grades accordingly. It is important that students wear tennis shoes to PE every day.

### PBIS IN PHYSICAL EDUCATION

Cielo Vista Elementary has adopted the Positive Behavior Intervention and Supports (PBIS) program to reward students who display the characteristics of the Bobcat ROAR. Members of the Cielo Vista community are expected to be:

Respectful  
Organized  
Accountable  
Responsible

Rewards for these students consist of various physical activities that take place during designated PE times. Some of these activities involve parents to play games with students during PE.



### WELLNESS WEDNESDAYS

Cielo Vista Physical Education promotes physical activity throughout the entire community. On the first Wednesday of each month during the spring semester, we invite families to come and walk with students during their designated PE times. This is another way that Cielo Vista PE involves parents, families and students together in physical activities.

### CIELO VISTA PE RULES

These 3 basic rules of Cielo Vista PE ensure a safe and fun learning environment:

1. Keep your hands and feet to yourself.
2. Be nice to each other.
3. Participate...try your best.

### ZERO TOLERANCE FOR BULLYING

According to EPISD policy, bullying is defined as:

“Unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is REPEATED, or has the potential to be repeated over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.”

Bullying is not tolerated in Cielo Vista PE or recess. Coaches will decide the severity of incidents and will report necessary information to parents, administration and teachers as deemed necessary.

Students are encouraged to notify coaches of any and all incidents involving bullying IMMEDIATELY to ensure proper steps are taken to gather all information. In these cases coaches, parents and administration must work together to ensure the safety and well-being of our students.