**International Games Elective** **(3-5)**

During our International Games elective, students will be introduced to a variety of games played in different countries around the world. We will research rules and strategies from sports as well as learn about a variety of cultures and traditions. Stamina and agility will be developed during activities, as well as social interaction skills. Each class will begin with a warm-up and fitness activity.

**The Common Core Standards that will be covered in this course are:**

•Apply competent motor skills and movement patterns needed to perform
a variety of physical activities.
•Understand concepts, principles, strategies and tactics that apply to the
learning and performance of movement.
•Understand the importance of achieving and maintaining a health
enhancing level of physical fitness.
•Use behavioral strategies that are responsible and enhance respect of
self and others and value activity.

For your child’s safety, it is important that they dress appropriately for this physical education class. Clothing should allow for freedom of movement, and belts should be worn to secure pants if needed. Tennis shoes/sneakers must be worn to class everyday Monday –Thursday. These shoes should cover the toes and give adequate support to the foot and ankle.  Boots, sandals, flip flops, Crocs, and other slip on shoes do not supply proper support to your child's feet and ankles.  This increases the risk of injury as there is a lot of movement involved in Physical Education class.  For this reason, your child will not be allowed to participate in activity if they are not wearing the appropriate shoes.  This will affect their grade. Girls should wear shorts to wear underneath dresses or skirts.

Please send me a note if there are any medical concerns that your child may have such as allergies and asthma.

If you have any questions or concerns, please do not hesitate to contact me at school. My email is skichefski@wcpss.net.

Thank you for taking the time to read this with your child.

Miss Sarah Kichefski
Physical Education Teacher