

# *Chestnut Physical Education*

Welcome back everyone! I hope you all took some time to relax and enjoy the many ways we can stay active outdoors in the summer! My name is Mrs. Lindsey Holley, and I will be your child's physical education teacher this year. I have been teaching in North Olmsted for 10 years; this will be my 7<sup>th</sup> year at Chestnut. I graduated from Bowling Green State University and received my Masters Degree in Special Education from Cleveland State University. I have a 3 year old daughter and 18 month old twin boys!

## **Why is Physical Education Important?**

Physical Education plays a critical role in educating the whole child. With the increase in obesity nationwide, the benefits gained from physical activity include disease prevention, increased mental health and self esteem, maintaining a healthy weight, and also positively affect academic learning. Students will have the opportunity to participate in a variety of different activities to increase cardiovascular endurance, strength, and flexibility.

## **Physical Education Rules/Consequences**

- ❖ Respect classroom learning
- ❖ Respect staff and students
- ❖ Respect personal space of others

1. Warning
2. Remove student from situation
3. Behavior Report
4. Phone call home
5. Detention

## **Grading Scale**

Students will be graded on effort, participation, and attitude during physical education. For safety reasons, your child must wear appropriate tennis shoes during class. If they don't have proper shoes, it will affect their grade.

I am really looking forward to a wonderful school year. I will do everything I can to ensure your child has a positive experience in physical education. Please feel free to contact me if you have any questions or concerns. I can be reached at 440-779-3641 or [Lindsey.Holley@nocseagles.org](mailto:Lindsey.Holley@nocseagles.org).

Sincerely,



Mrs. Lindsey Holley,  
Physical Education Teacher

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." ..... **John F. Kennedy**