



St. Martin School offers a sequential, developmental, age-appropriate physical education program designed to provide students with the knowledge and ability to maintain an active and healthy lifestyle. Students learn that their fitness has a direct bearing on their physical, mental, and social well-being through the structured physical education program. This encourages a lifelong commitment to the pleasure and health benefits of physical activity.

Grades	Monday	Tuesday	Thursday
JK		10:30-10:50	10:30-10:50
K		8:20-8:55	11:00-11:35
1	1:35-2:10		9:00-9:35
2		11:35-12:10	11:35-12:10
3	1:00-1:35	9:35-10:10	
4		9:00-9:35	9:35-10:10
5		1:00-1:35	8:20-8:55
6		11:00-11:35	2:15-2:50
7		2:15-2:50	1:00-1:35
8		1:35-2:10	1:35-2:10

Rules:

- P.E. uniform must be worn every P.E. day. Only St. Martin P.E. sweats are allowed. Shoes must have laces and socks must be correct size according to school handbook guidelines. If a student is out of uniform in any way, he/she will not participate that day and will be given a NP (non-participation). Students not participating in class will walk the field the entire period (weather permitting).
- If a student is sick or hurt and is unable to participate in P.E., he/she must bring a signed not from the doctor or parent saying so.
- If a student does not participate in P.E. without an excuse on any given day, he/she will be given a NP.

- Being that the P.E. time has been shortened to only 35 minutes, students will be expected to have used the restroom before class.
- A student's P.E. grade is given for effort, sportsmanship, ability to work with others, and following directions.
- Four NP (non-participations) in a quarter will result in a NP on the report card.