



PLATO ACADEMY – LARGO

PHYSICAL EDUCATION



Our Mission:

The mission of Plato Academy Charter Schools is to assist students in achieving their full potential by requiring and nurturing high academic and behavioral standards in a safe, supporting, challenging and enthusiastic environment, providing a well-rounded K-8 education fortified by a study of the Greek language and culture, and fostered by a commitment and cooperative effort among the school, students, parents, and community: our family.

Η αποστολή των σχολείων της Ακαδημίας του Πλάτωνα είναι να βοηθήσει τους μαθητές της να αξιοποιήσουν πλήρως τις δυνατότητές τους καλλιεργώντας υψηλά ακαδημαϊκά πρότυπα και υψηλά πρότυπα συμπεριφοράς σε ένα ασφαλές, υποστηρικτικό, ενθουσιώδες και συγχρόνως απαιτητικό περιβάλλον, παρέχοντας μια ολοκληρωμένη εκπαίδευση από το νηπιαγωγείο έως και την ογδόη τάξη ενισχυμένη από τη διδασκαλία της ελληνικής γλώσσας και του ελληνικού πολιτισμού, και υποστηριζόμενη από τη δέσμευση και την προσπάθεια συνεργασίας μεταξύ των σχολείων, των μαθητών, των γονέων και της κοινότητας που συλλογικά απαρτίζουν την οικογένειά μας.

COACHES :

- Robert Corman – “Coach Rob”
- Thomas Bianchi – “Coach Tom”
- Jeanna Jimenez – “Coach Jeanna”



COACH ROB



- PE Coach & Health Teacher
- JV & Varsity Boys Soccer Coach
- Olympic Weightlifting Coach
- PADI Rescue Diver
- International Traveler
- Chelsea FC Super Fan
- Has a rescue pup named Glenn from Bali, Indonesia

COACH TOM



- Assistant PE Coach
- Competitive Basketball Trainer
- From Clearwater, Florida
- Lakers fan
- Favorite food – ice cream!
- Varsity Boys Basketball Coach

COACH JEANNA



- Ladies Head PE Coach
- Former Osceola H.S. Track star
- Graduate of UNC – Pembroke
- B.S. in Exercise Physiology
- Dog mom
- Varsity coach for Girls Volleyball, Soccer & Flag Football

What is PHYSICAL EDUCATION???



- Learning how to move your body better
- Practicing exercises & completing workouts
- Improving conditioning & physical ability
- Increasing balance, coordination & flexibility
- Development of a regular fitness program
- Playing games and having fun!



- Learning new skills, and how to play sports
- Challenging yourself to be better
- Teamwork, and helping your classmates
- Making better behavior & lifestyle choices
- Improving your self-esteem & self-confidence



PE WEEKLY AGENDA



- Mileage **MONDAY**
- Tabata (or Tag) **TUESDAY**
- Workout **WEDNESDAY**
- Game-Day **THURSDAY**
- Footie **FRIDAY**

PE Guidelines:

1. Have a growth mindset
2. Respect each other and our equipment
3. Be a team player and cooperate
4. Give YOUR best effort
5. Demonstrate integrity

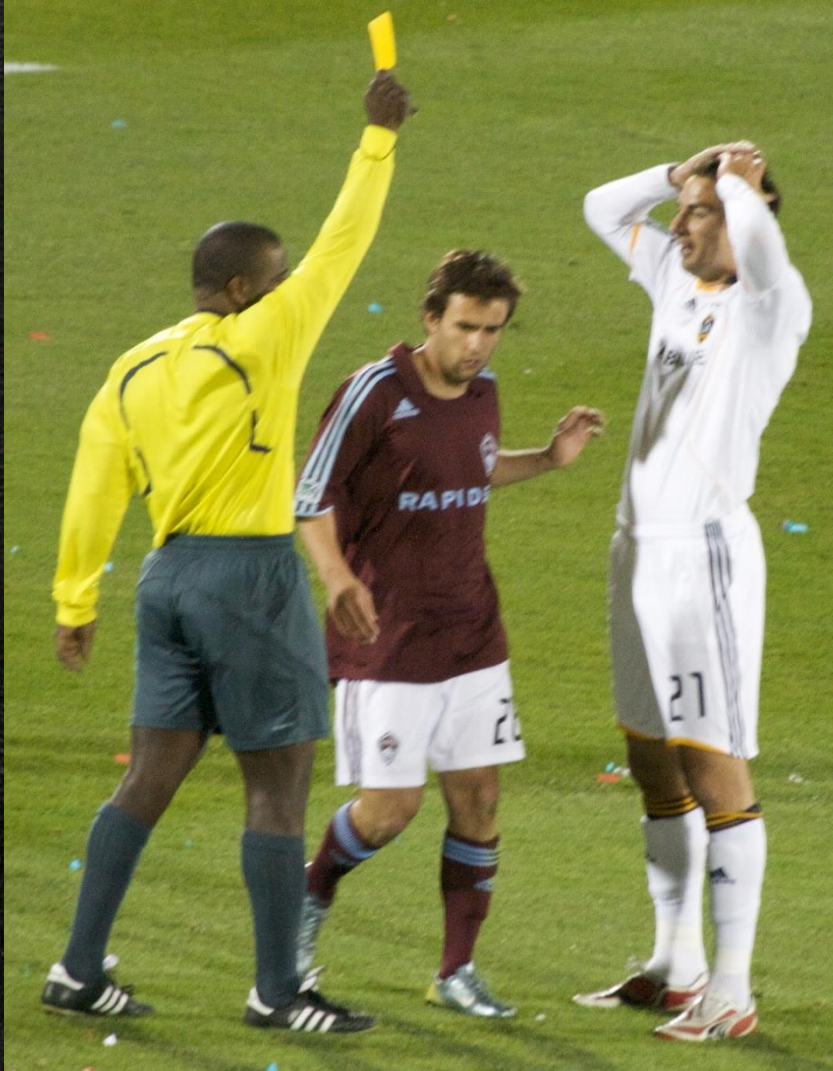
Do the right thing,
even when no one
is looking.
It's called integrity

Class Rules:

1. Listen to the coaches and all adults
2. Be in proper uniform with shoes tied!
3. Keep communication positive, without the use of foul language
4. Keep your hands to yourself
5. Leave all personal items, including phones, in your bag

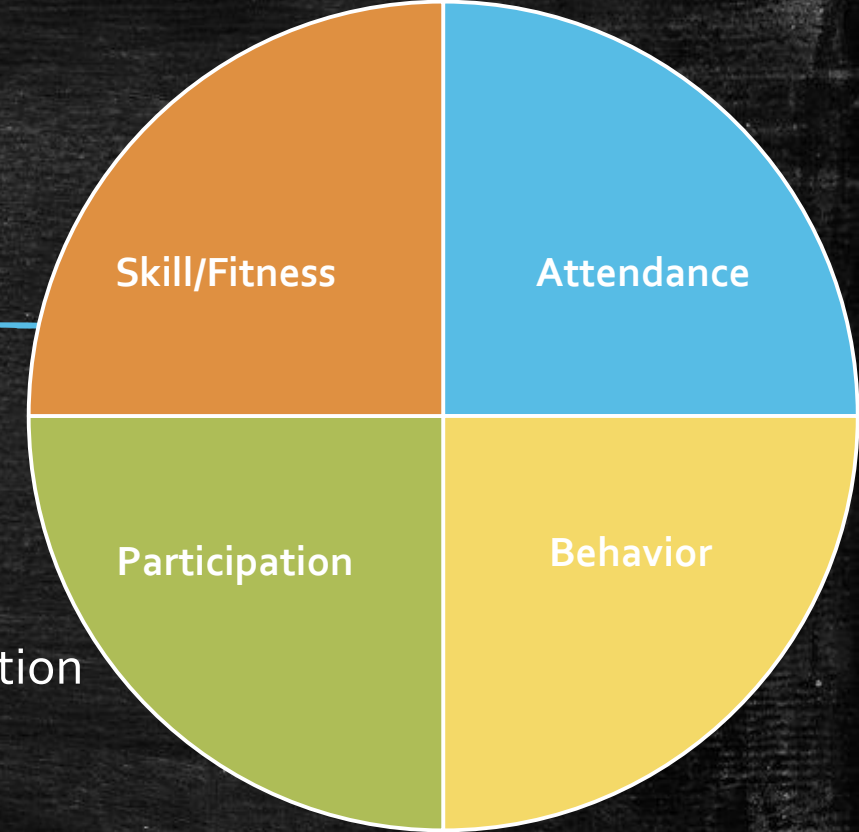


REWARDS / CONSEQUENCES :



- Student Awards & Recognition – to honor outstanding effort and performance
- Yellow Card/Red Card – Yellow cards issued for minor violations, red cards for major violations or for receiving 2 yellows during one class.
*Accumulation of cards will have consequences
- Non-participation forms – to be sent home, signed, returned and documented
- Major behavior incidents - will result in immediate disciplinary actions including write-up/referral/detentions

GRADING!



Attendance – taken daily, unexcused absences may result in point deduction

Behavior – use of disciplinary plan may result in loss of daily PE points

Participation – tracked daily, non-participation forms issued for not cooperating

Skill/fitness performance – fitness testing, physical ability, skill proficiency

**You can earn up to 10 points per day in PE, max score per marking period - 450

WHAT ABOUT YOU?!?



TELL US:


- 1) Your name
- 2) Preferred nickname (if you have one)
- 3) Your favorite activity/hobby/sport
- 4) Favorite place you went during the summer break
- 5) Tell us one GOAL for this school year!

GOAL – Something you would like to achieve or accomplish



 **LET GO** 

of the OLD, take
hold of the New &
believe that this
year will be your

 **Best Year Yet!**
Joel Osteen

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