



Kleefeld School Phys.Ed.

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## Welcome Back

September is a very busy month for students. Here is a list of some important upcoming events and information that will help you prepare and organize entering the 2017/18 school year.

### **Footwear and Clothing**

All students must have a clean pair of indoor gym shoes. All students will be asked to check their outdoor footwear outside the gym doors or carry them to their designated change area. If a student does not have indoor gym shoes they might not be granted permission to participate. It is strongly encouraged that all grade 4-8 students keep a change of clothes in a bag. It is important that students understand hygiene, healthy habits, and the importance of changing clothes before and after exercise.

### **Cross - Country Running**

During the month of September students will be actively involved in games and lessons that involve a variety of running skills. Early years students will learn how to run efficiently by jogging at different speeds, sprinting, and how our bodies react to these changes. Students in grades 5-8 will use what they have learned, and will be given an opportunity to represent Kleefeld School at two divisional 2 km cross-country run meets.

### **Grade 7-8 Stingers Volleyball and Triple Ball**

In order for students to participate in Stinger Volleyball, each player must submit a signed student contract to Mr. Shields no later than Friday, **September 8<sup>th</sup> 2017.**

\*\*\*Game schedules\*\*\*

\*League Starts **Tuesday, October 3rd**

\*Grade 7 and 8 Girls play on **Tuesdays**

\* Grade 7 and 8 Boys play on **Thursdays**

**Volleyball season concludes during the week of November 14th-16th**

#### **Grade 7 Volleyball/Triple Ball**

Triple Ball rules will be applied. Please see Mr. Shields about Triple Ball rules.

:Score will be kept, cap at 27

: 2 timeouts per set

:equal playing time

#### **Grade 8 Volleyball**

:score is kept, cap at 27

:games will no longer be timed

:Teams will receive two timeouts per game

:Playing Time: Players who did not start in the first set must start in the second set.

:Subs cannot be made until one team has scored 15 points

:equal playing time

:Playoffs – No longer equal playing time.

### **Jersey Sales 5-8**

Our Kleefeld Jerseys are multisport which may be worn for all of our schools' athletics (cross country, volleyball, badminton, and track and field)

Our new jerseys will be sold for \$15

However...

We still have some jerseys with our vintage logo on them. We are blowing them out at only \$5.00 each, but there are only limited sizes available.

I'm excited about this new school year and I'm looking forward to seeing you in gym class.

Mr. T Shields