



Orientation Lesson Plan
PHYSICAL EDUCATION
(25 minutes)

Objectives:

1. Identify positive and negative locker room and personal hygiene behaviors
2. Practice TRIBES Agreements
3. Practice peer bonding activities

Supplies:

- Sample P.E. uniform – or picture provided below
- Index cards
- Pen/pencil

Please Note:
LCD has been ordered for Section
A-7 Bus Video in Keawe; TRIBES
Poster placed in teacher box

Agenda:

1. Greet students and introduce self, teacher partner and volunteer(s). Hudgens to meet at Counseling Center; Murakami in Keawe. (Volunteers to sit among students)
2. Welcome and introduce yourself, 8th grade teacher and student volunteers - “‘O Kumu _____ au.” (I am teacher _____.) Example: “Aloha! ‘O Kumu Murakami au.”
3. Review the TRIBES Agreements; ensure that agreements are followed
4. Briefly describe P.E. program – units of study, etc.
5. P.E. Uniform expectation – review; utilize volunteers in this process
6. Volunteers to share personal P.E. fears and how they overcame it
7. Distribute index cards for Question/Answer
 - a. Instruct students to write any questions or concerns they have about P.E. – (i.e.: showering, menstruation and showering, etc.)
 - b. volunteers to collect cards
 - c. teacher or volunteer to address the question/concerns
8. Locker room tour
 - a. volunteers to share personal stories about how to keep locker , personal hygiene after P.E. class, etc.
9. If time permits, play an energizer or name game before or after the activity (5 minutes). Suggested energizers are available on the SAC Blog.

Closure:

1. Students are to locate their next class on the campus map.
2. Students are to check the area for their belongings.
3. If students have an elective class or PE, one teacher/staff member and volunteer(s) are to assist students in walking towards the right direction.



Section A-2 teachers are asked to remind students that a snack will be provided at Kalama Dining Hall during recess. Students are to take their belongings and pick-up their snack from the dining hall and then after recess is pau, they are to proceed to their section 3 class.

Section A-4 teachers are asked to remind students to identify their lunch table by looking at their name tag before dismissing to lunch. Please also remind students to place their belongings in the cubby holes outside the dining hall before entering the dining hall.

Section A-7 teachers are asked to show the Bus Video, distribute and collect the orientation evaluations in addition to teaching their subject area lesson. Please leave evaluations in Tiffany Nascimento’s box or deliver to the SAC, room 96. Section 7 teachers are also asked to collect

any temporary student schedules and return Hoku Ho'ohuli. At the end of the period, teachers are asked to escort their students to Keawe Gym.

P.E. Teacher – Please note that each year there are numerous questions about these topics. Please address.

General Questions/Concerns

- Showering – comfort level, length of time given to shower, is it optional?
- Personal Hygiene items – What should I bring? (i.e.: Shampoo, soap, towel, etc.)
- Safety of personal belongings
- PE uniforms – where to purchase, how often should I wash it?

Female Concerns

- Have extra pads, tampons, and undies in your locker
- P.E. teachers have essentials in case of EMERGENCY
- Students may buy pads in locker room and bathrooms
- Change sanitary napkin, etc. often to avoid odor or TSS

LOCKER ESSENTIALS

- Extra pair of socks
- Hair brush or comb
- Shampoo, conditioner, soap
- Deodorant

SHOWER RULES

- Remember that you do NOT have a lot of time in the shower. BE QUICK! (12 minutes)
- 2 separate showers for girls with their ma'i
- No sliding in the showers with soap; No horseplay
- Towel is provided as long as you RETURN it.
- Do not store TOWELS IN LOCKERS!
- Remember to clean hair out of drain after showering

Guidelines for Physical Education Uniform

All students are required to wear uniforms for physical education classes. P.E. regulation shirts and shorts must be purchased at the Kamehameha Book Store. **It is recommended that the uniform be purchased before school begins.**

Items needed:

2 combination padlock (no colored face plate) during their swim unit, one for Keawe and one for the pool locker room

3 pairs of regulation P.E. shorts (at least)

3 regulation P.E. shirts (at least)

1 pair of running or cross training shoes

(Recommended 1 pair swim goggles)

Note: The athletic shoes may NOT have black soles as such shoes mark the floors.



The P.E. Uniform, including shoes and socks, are to be worn at all physical education classes.

Uniforms need to be labeled in permanent ink. They can be marked at home or will be marked in school. The shirts are to be marked on the OUTSIDE upper left chest area. The shorts are to be marked inside the waistband in the front. Shoes and socks are to be marked in permanent ink on the inside. Students need to take their uniforms home for laundering at least once a week.

Padlock: Students are expected to shower after physical education classes and are responsible for their own hygiene products and personal belongings. Their personal items should be locked in their P.E. locker while they are in their classes.