



Physical Education

2025–26 Welcome Letter



Dear Parents, Guardians, and Cassell Community,

Welcome to another exciting school year! I'm thrilled to begin my 7th year at Cassell and 12th year overall teaching Physical Education. Each year I strive to create a safe, challenging, and fun environment where every student can learn, grow, and enjoy being active.

This year's curriculum will be rigorous, engaging, and student-centered. We'll continue to focus on lifelong fitness, teamwork, and skill development. To start the year, the whole school will participate in fitness testing, helping students set personal goals and track growth over time.

Curriculum Highlights

- Grades K–2: Students will build fundamental motor skills and explore movement through games, stations, and activities that also support social and emotional growth.
- Grades 3–5: Students will strengthen teamwork, problem-solving, and communication skills through structured gameplay and sport units.
- Grades 6–8: Middle school students will take part in the Sports Education Model, which promotes leadership, responsibility, and collaboration beyond just playing the game.

Expectations & Grading

Success in PE starts with being prepared and giving effort every day. Grades are based on four areas, each worth 25%:

1. Participation & Effort – Students are not expected to be perfect, but try their best!
2. PE Uniform – Gym shoes, sweatpants/shorts, and a Cassell t-shirt/sweatshirt (see handbook for full guidelines). A grace period runs until mid-September so families have time to get what's needed.
3. Summative Assessments – Performance-based assessments and projects.
4. Formative Assessments & Learning Activities – Daily checks for understanding, reflections, and practice opportunities.

Final Note

I'm excited to work with your students and to help them build skills, confidence, and healthy habits that last well beyond the gym. Thank you for your continued support, and let's make this another outstanding year. Go Eagles!

Mr. Panozzo ("Mr. P")