

Dear Parent:

All students participate in a physical education class taught by a certified physical education teacher. The physical education program stresses purposeful learning through fun, vigorous activities. The philosophy of the physical education program is for every child to learn functional body movements and good body management through an array of activities. Some of these activities include basic movement, games, gymnastics, tumbling, rhythms, track and field, and physical fitness. Special attention will be paid in teaching sports related skills (such as soccer, basketball, volleyball, and football) that will be beneficial to students who wish to continue participation in these sports at higher levels of education. Functions of the heart, and the importance of developing good nutritional habits will also be emphasized. After leaving elementary school, each child should have the skill and knowledge to perform confidently in the middle school physical education classes and/or athletics.

For optimum participation, girls should wear shorts under a dress. For the safety of all students, rubber sole shoes should be worn. ***Open toed and back-less shoes are not considered safe for participation in P.E.***

If your child should be excused from physical education class for one, two, or three days, a note from home is required with the following items on the note:

- A. First and last name of child
- B. Number of days to be excused (1,2, or 3)
- C. Reason for excuse
- D. Signature of parent or guardian

If your child is to be excused for an extended period of time (more than 3 days), an excuse from a doctor is required stating the number of days or weeks the child is to be excused. If your child is limited in certain activities, this should also be included on the excuse. If your child has diagnosed allergies, respiratory, auditory, visual or other physical limitations that we should be aware of, please be sure to note this on the attached form.

If your child presents a doctor's note limiting his/her activities, and a specific time frame has not been indicated, a doctor's note will be required to allow the child to return to full activity. If a time frame has been specified, a note from the parent allowing the child to return to full activities will be sufficient.

Your child will receive a grade in physical education. Conduct is considered and reported to parents separate from the physical education grade.

We are looking forward to a happy and productive year with your child. If you desire more information about the physical education program, please call us here at the school.

Sincerely,
Physical Education Teachers