

September 14, 2016

## **Physical Education Update**

Dear Parents of Middle School Students,

It is hard to believe that a new school year is once again upon us! It is always fun to see how the students have grown and matured over the summer!

As we begin the new school year, I would like to stress that keeping your child safe is my number one priority. In addition, I want to maximize the time that they are physically active in class. With this in mind, I would appreciate if you could take the time to review with your child my expectations for behavior in Physical Education and recess.

- Follow Directions
- Respect People and Property
- Move in a Controlled Manner
- Keep Hands and Feet to Self

If I need to speak to a student repeatedly during a class or recess, he or she will be given a take home assignment. The assignment will be to read a current health related article (given by me) and type a one page reaction paper to it. The reaction paper is due the next time we meet for physical education. I will contact you via email or phone that day to let you know that your child was given the assignment. In the past I have taken away recess or removed the students from the activity when they were being disruptive. I would prefer not to do this as it is very important for students to be physically active during the school day. Please know that if your child is sent home with an assignment and completes it, we start fresh the next class.

I will be seeing each class two times per week. One day a week will be devoted to cardiovascular fitness and strength training, using body weight as resistance, along with fitness equipment (bosu ball, stability ball, medicine balls, 3-10 pound weights, rebounder, etc.) The other day will be spent playing traditional gym games or team sports. Please make sure your child wears their gym uniform, sneakers and deodorant on Physical Education days. Also, I am asking all students to wear their uniform sweat pants, not shorts, on the day we do fitness. We will not be starting fitness until the weather gets a little cooler.... hopefully the end of September.

If your child has any condition that would prevent him or her from being able to safely participate in class and or recess, please send me a note or an email and he or she will be excused.

Thank you in advance for your cooperation and support. I am looking forward to a fun and productive 2016-2017 school year. Please feel to contact me at [cdean@trinityk8.com](mailto:cdean@trinityk8.com) if you have any questions or concerns.

Mrs. Claire Dean  
Physical Education Teacher