

Physical Education Parent Letter

Dear Parents,

I am looking forward to working with your children again this semester. One of the most important things for P.E. is shoes with good arch support in them. We will be doing a lot of running, jumping, and bouncing, so please discourage sandals, flip-flops, or hard shoes.

Whenever the weather is nice enough, I usually like to take the kids outside. Please bring a sweatshirt or jacket if it is chilly.

My goals are to teach life-long fitness and sports skills that will enhance their well-being and health throughout life. The stretches, activities and skills will, hopefully, transfer into their daily routine at home as well as school.

Working hard physically does not need to be drudgery; it can and should be fun and enjoyable. When something is enjoyable, it is more likely to become a part of daily life. Respect for teacher, helpers and fellow students is expected so it can be rewarding for everyone.

There is a big difference in skill and coordination levels between Kindergarten and third grade, so it is important that each student feel encouraged and valued, even when they find learning a skill to be difficult. Sometimes the older ones are called upon to help the younger ones, speak words of encouragement, or take leadership rolls.

Thank you for allowing your child to join us for P.E. this semester. I am excited to get started – so let's get fit and have some fun!

Amy Dohm