

*SAMPLE LETTER: Please have your principal approve the letter first. Place on letterhead if possible!*

Physical Education

# Elementary Physical Education

Physical Education

Dear [name of school] Parents,

Welcome back for an exciting year of PE at [name of school]! This is my eighth year as a PE Specialist at [name of school], and I am very enthusiastic about my opportunity to work in your community, and hope that my passion for activity, fitness, and citizenship is passed on to all students here at [name of school]. This year we are very fortunate to have a wonderful PE Teacher continuing a job-share with me this year. [Name of teacher] will be teaching the PE classes every afternoon, so say hello to her if you see her around!

During this school year, I am working with the University of Washington to complete my Principal Certificate. The internship to complete the certification is throughout this school year. I will continue to be your student's PE teacher, however there will be days that I will be out of the gym. In this case, a highly qualified substitute will be here. [Name of teacher] is a certificated PE teacher and long-time [name of school] community member, and she has agreed to be my priority sub. [Name of teacher] and I will be communicating continually about lesson planning and student needs. Any necessary student information sent to me via phone or email will be forwarded to [name of teacher] on the days of my absence. I have full confidence that [name of teacher] will provide our students with the quality of instruction that we expect of our staff to the benefit of our students!

It is important that all students come to class wearing appropriate clothing and shoes for active movement. All shoes should tie tightly enough so they don't come off when running or kicking and support the foot, as well as protect it from injury during our fitness activities. I have a very strong fitness emphasis in my curriculum. I support that emphasis with a wide variety of specific sport skills that will teach students how to embrace new challenges, as well as being successful in an activity of their choice. My philosophy is that we need to give students the skills and knowledge to be healthy throughout their lifetime, as well as instill the attitude that physical activity is FUN, and necessary for a healthy life ☺. I am a very structured teacher and have high expectations for all of my students, and I always try to convey these in a positive environment! For more information on our PE program, please visit our PE link on our school website.

Students in grades 3-6 will be receiving a personal Fitness Assessment based on their fitness test scores from the beginning of the year. This assessment will compare these scores with those that we had in June (if applicable) and give personalized suggestions for continued improvement. Through utilizing the 'Fitnessgram' computerized assessment, we are able to measure personal progress each child makes as they advance through school. The computer also calculates each student's individual 'healthy fitness zone' for the tests based on their individual height/weight and age. Adults often go to great expense for the same type of assessment, and I am hoping that the information will be used to create goals and activity at home for each student's physical health, while we are working on their educational goals as well. We will be testing again in January and June to take a look at our progress!

Please do not hesitate to call or email me if you have any questions or concerns. I look forward to working with you to create a fun educational environment that supports our students and encourages them to be ACTIVE!

Sincerely,

**DO SOMETHING ACTIVE**  
**60 MINUTES EVERY DAY!**

Your name

Your phone #

Your e-mail address

