



I am excited to have the opportunity to teach your students during their physical education (P.E.) class this year. In order to make this a successful, enjoyable, and safe experience, there are a few guidelines I'd like to review: **A) Proper Dress Attire B) Sick Notes C) Curriculum**

Proper Dress Attire: All students must wear comfortable athletic shoes that provide foot and/or ankle support. If your child is wearing sandals, slippers, dress shoes, or any other type of non-athletic shoes please pack your child a pair of athletic shoes to change into for P.E. and recess. Wearing proper footwear helps ensure that students have a safe and successful P.E. experience. In the event that a student does not wear or bring athletic shoes, I will ask the student to refrain from the active physical education exercises. Should this occur, I will also be sending a letter home to remind students and families of proper dress attire.

Note: If a student is striving for an **Outstanding** or **Satisfactory** grade, missing too many days as a result of improper attire (shoes) and/or behavior issues, may result in an **Unsatisfactory** grade in Physical Education.

Sick Notes: It is important that all sick or injury notes be brought to the nurse first to be documented before given to me. It is a district policy that a physician's exemption or modification request must be submitted for periods greater than three consecutive school days. Please include the following information in the note that is submitted to the nurse:

- Describe the reason for missing P.E. What is the nature of the sickness or injury?
- How many days will your child sit out of P.E.?
- What is the best way to contact you should we have follow-up questions? **Without a note from you, the doctor or the nurse, your child will not be excused from P.E.**

Curriculum: Our P.E. curriculum reflects the California State Physical Education Standards for each grade level. Below you will find a brief list of the games, sports and skills that your child will be experiencing at his or her grade level this year:

1st and 2nd grade: Tag and aerobic games, muscle strengthening and stretches, dribbling and kicking, dribbling and passing, hula hoop, jump rope, parachute, handball, Frisbee, flag games, striking and volleying, and throwing and catching.

3rd-5th grade: Aerobic and cardio games, muscle strengthening and endurance (crossfit type workouts for 5th graders), flexibility, eating smart, personal hygiene, fitness and sports challenges, basketball, football, parachute, soccer, softball/baseball, volleyball, handball, dodge ball games, and flag games.

At all grade levels I emphasize maximum effort, sportsmanship, team spirit, accepting personal responsibility, setting and meeting personal goals for fitness, honoring differences, collaboration and cooperation. For more information about the California Physical Education Standards, please visit the CA Department of Education website at: www.cde.ca.gov/be/st/ss/documents/pestandards.pdf

Thank you for all of your support in helping ensure your child has a fun and educational P.E. experience this year. If you have any questions, please feel free to contact me: a.dade@bonita.k12.ca.us

Sincerely,

Mr. Dade

