

Kindergarten Physical Education

Dear Parents,

We are looking forward to a very active and fun year in Physical Education. PE classes are an important part of your child's physical and social development. Our goal for our kindergarteners is that they will learn to **love to move** while becoming more aware of their bodies and how to interact appropriately in a group setting.

Your child will have Physical Education Class on **Monday**. PE is taught in the multipurpose room, the playground, and sometimes on the field.

Participation: Every child is expected to participate to the best of their ability each day they attend class. If your child needs to be excused from any PE activities, send a written note to school. Please be specific as to what your child can and cannot do so modifications can be made appropriately.

Dress: We are concerned about your child's safety and for that reason, we ask that **athletic type shoes** be worn to Physical Education class. Shoes with heels, boots or sandals make it difficult for children to participate safely and also hinder skill development. Shorts must be worn under skirts or dresses.

Behavior: Students are expected to follow all school rules and to be SAFE, KIND, and RESPONSIBLE. The school-wide behavior plan is also implemented. Students not following these rules will be given a warning. If the behavior continues, a time out will be given in full view and close enough to hear the instructions. The student will reenter the activity after talking with the PE teacher or aide. Severe or repeated behaviors will be reported to the classroom teacher.

If your child has any ongoing health concerns or restrictions that we need to be aware of, please send a detailed note with instructions for their class participation limitations. You may email me at cgladwill@rcsdk8.org if you have any questions or concerns.

Looking forward to a great year,

Cheryl Gladwill - Physical Education Teacher