

Spartan Physical Education

Kindergarten

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 **Thursday**. 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. If the condition restricts activity for more than a week, a doctor's note will be needed.

Dress: To ensure maximum safety and participation, your child should wear appropriate clothing and footwear for movement. Proper footwear includes tennis type/sneaker shoes-those with a flat bottom (***no heel or high platform***) and the foot fully covered and laced snugly.

On hot days, sunscreen and water bottles are recommended (please no Gatorade type of drinks or juices). On cold days, dressing in layers is recommended.

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.

Please do not hesitate to contact me with any questions or concerns.

Looking forward to a great year!

Johnny Kight - Physical Education Teacher

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