

Dear Parents:

Welcome to a new school year! I would like to invite you to visit our physical education class where you will see your child participating in a quality physical education program, the cornerstone for developing an active lifestyle. Our program consists of developmentally appropriate activities that create maximum opportunities for development of skills, knowledge, health-related fitness, and ultimately, the confidence to enjoy an active, healthy lifestyle.

Your child's learning environment is safe and non-threatening and provides opportunities for success. Physical education courses offer the chance for your child to develop habits for lifetime fitness and health. Research indicates that students who receive quality physical education experiences during the day participate in more physical activities after school.

During this school year, we want to encourage you to participate in your child's physical development and fitness. Children need a minimum of at least 60 minutes of physical activity every day and what better way than playing together. Go for a walk, take a bike ride or toss a ball. It is so very important for your children to see you being physically active as role models.

Thank you for partnering with our physical education program to develop your child's lifetime health and fitness. By working together we can bring the joy and health of physical activity to your child and family. Please don't hesitate to contact me if you have any questions. I look forward to teaching your child this year.

Your Name and Title