

WELCOME BACK!!

I know your child is excited to get back to school and all the fun activities Farley has to offer. Physical Education is one of those important activities and depending on the grade of your child, he/she will be participating daily in PE class. (K-2)

4 – 6 grades has PE twice a week for 40 minutes (M-W or T-Th and alternating Fridays)

Your child will experience a wide variety of healthy lifestyle activities that will promote, encourage and reinforce positive health habits. My main emphasis is on **PARTICIPATION** and learning to enjoy movement, therefore, students are required to wear, for their **SAFETY** and **SAFETY OF OTHERS** and to reinforce healthy practices, a non-marking sole tennis shoe that stays securely on the foot. (sandals, boots, cleats ect. will not be acceptable and participation will not be allowed) If your child is **ILL** or **INJURED**, a note from a doctor or parent is **REQUIRED** for a child to be excused from PE class. After 3 consecutive days, a **doctors'** note is **REQUIRED** to be excused. Please give note to Ms Salmans.

Fitness testing (Fitnessgram) is administered twice a year (fall and spring) for grades 4-6th. Data is used to develop curriculum based on needs of students and students learn to evaluate personal fitness goals. Reports are sent home in the spring.

Jump Rope For Heart is a yearly event (Jan/Feb) in PE class at Farley. (K-6) In conjunction with our jump rope unit, we learn about cardiovascular fitness and raise funds for the American Heart Association.

While younger students concentrate on the basics and intermediate students work on fitness, sports skills, and application, **ALL** students will practice and be expected to use **positive sportsmanship, personal responsibility, and team work.**

I hope your child has a wonderful school year at Farley and I look forward to many fun times in PE class.

Have a GREAT year !! Ms. Salmans