

Dear Gomes Parents,

October, 2013

It is with pleasure to be back at Gomes to help administer the Physical Education curriculum to your child/children. The key to success in P.E. is **participation with effort and cooperation**. Athletic ability plays a minor role in our classes.

We would like to request the following from you:

1. That your child be dressed to take part in physical activity whenever they are scheduled to have P.E. (check day/days with classroom teacher). Tennis shoes are highly recommended for his/her safety.
2. If your child is injured or recovering from an illness please send a note and they will be excused for that day /days. We need to have a doctor's note if your child needs to be excused for longer than a week.

In order for us to achieve a high level of participation and cooperation from your child, it is important that you know the following expectations and class rules:

Expectations in Physical Education

1. To develop a pattern of lifelong participation in physical activity.
2. To demonstrate cardio-respiratory efficiency through aerobic activities which have sufficient duration and intensity to raise pulse rate.
3. To transfer movement skills and concepts from one activity to another.
4. To perceive and appreciate similarities and differences among individuals including those with disabilities.
5. To relate to others in a positive manner during cooperative and competitive activities.
6. To develop personal excellence during every class period.

Class Rules in Physical Education

1. Safety at all times.
2. Courtesy and respect for teachers, other students, and school equipment.
3. Practice good sportsmanship and behavior at all times.
4. Participate to the best of your ability with a positive attitude. (All students shall participate in class activities unless they have a note from home stating otherwise.)
5. Follow all P.E. class, recess, and playground directions plus game rules given by the teacher.

Please feel free to contact us at anytime with concerns you may have at 656-3414.

Sincerely,
Laureen Rooze
Mike Lunceford