



Physical Education

Dear Parents,

Welcome to the 2018-2019 school year. We're looking forward to a very active and successful year in Physical Education.

Your child will have Physical Education class on:

(Located on Junction Website)

DRESS

To ensure maximum safety and participation, your child should wear appropriate clothing and footwear for movement. Tennis type/sneaker shoes 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.

On cold days, dressing in layers is recommended

PARTICIPATION

Participation is expected of all students. If your child needs to be excused from P.E. activities, please send a note and have your child bring it to me at the beginning of P.E. class. **Often students can still participate in a modified manner. Please be specific as to what your child can or cannot do - if they can play at recess they should be able to do some P.E.**

BEHAVIOR

Good behavior is mandatory:

Show Respect, Make Good Decisions, and Solve Problems

Consequences:

- Warning
- Time-out....Short term and student will return to activity
- Time-out....Long term and student cannot return to activity
- Sent to Principal
- Other

Let's work together to help keep our children healthy and fit. If you have any questions or concerns, please feel free to contact me. My goal for every child is to promote FITNESS FOR LIFE!

Thank you!

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Physical Education Specialist