

Eagle View Elementary Physical Education



Dear Parent(s)/Guardian(s):

The Physical Education staff at Eagle View E.S. is excited about developing your child's physical being and giving them the tools needed for a healthy and skillful life. Our students will experience a wide variety of athletic skills and physical activities this year. Throughout each unit, physical fitness will be incorporated and stressed to encourage a healthy lifestyle after school as well as during the school year.

Students in grades 3-6 will be tested for fitness levels several times throughout the school year. Students will be tested on muscular flexibility through the sit and reach test; endurance through the ½ mile or mile run and the pacer test; and upper body strength through curl-ups, push-ups, pull-ups, and the flexed arm hang tests. We stress the importance of achieving each student's personal best. Improvement can only be attained through practice, so we encourage students to exercise at home as well as in Physical Education class.

In Eagle View Physical Education class, we always think **“safety first!”** In order to keep your child safe, we ask each child to be dressed and ready for P.E. each day. **On days your child has P.E., they must wear athletic shoes and appropriate, non-restrictive clothing.** If girls wish to wear dresses, we ask that shorts be brought to school and worn during class.

If necessary, students may be excused from P.E. activities due to illness or injury. In these cases the student must bring a written note from a parent or guardian. If the student must be excused for more than four days, a note from the child's doctor is required.

Again, we are very excited to be teaching your child this year. We hope that through participation in Physical Education class, your child will learn to develop the physical skills, knowledge, and enjoyment for physical activity that will lead to a healthy and active life.

In health and fitness,

Sean Niehoff
Physical Education Teacher

Katie Evans
Physical Education Teacher