



PHYSICAL EDUCATION



Hello Parents!

This is our first Health and Physical Education newsletter. Our goal is to provide you with timely communication letting you know what the boys are doing in our class, and any upcoming events that may be taking place. As we begin the year, our focus is on the boys' physical fitness. We are incorporating cardiovascular endurance, strength, flexibility, and agility into our activities to prepare them for our fitness testing assessments that we will be administering to grades 3rd - 5th.

Rules and Expectations

Following the rules in PE will make us a

FORDS CHAMPION

Cooperation: Use teamwork and show good sportsmanship

Hands: Keep hands and body parts to ourselves.

Attention: Enter and exit with a quiet body and voice.

Music: Active while playing, freeze when stopped.

Prepared: Always wear sneakers and proper clothes.

Involvement: Always participate and give best effort.

Others: Respect the teacher, environment, and your classmates.

Noise: Stop, look, and listen on the whistle.

Who Are We?

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