



July 27, 2022

Dear Parents,

The Hurst-Eules-Bedford Independent School District has an exemplary elementary physical education program. The elementary physical education places emphasis on motor development, lead-up skills for individual and team sports, physical fitness concepts and participation.

During a two-week period, your child will be participating in physical education class three days one week and two days the next week. This schedule is in compliance with Senate Bill 530.

Brain research suggests that motor development facilitates academic readiness and success in the classroom. For example, for a child to learn to read and write successfully, he must be able to cross the midline effectively and efficiently in a variety of ways. Motor development includes balance, strength, coordination, gross motor and fine motor skills. Balance activities help to facilitate a child's ability to focus and stay on task. Coordination activities help to facilitate a child's ability to perceive items on the chalkboard, or computer screen, to process information and to respond appropriately through writing, drawing or playing a musical instrument. Therefore, motor development and Brain Gym activities are taught throughout all the elementary grades.

Our students have the opportunity to learn about various physical fitness components. Senate Bill 530 mandates that elementary students in Grades 3-6 participate in physical fitness testing. The physical fitness tests will include the following: flexibility (trunk lift and shoulder stretch test); abdominal strength (sit-ups test); upper-body strength (push-up test); cardiovascular endurance (Pacer test) and body mass index (BMI test). The school nurse or the physical education teacher will conduct the body mass index test during physical education class by gathering data on the child's height and weight.

Rather than skill level, participation is the most important aspect in the evaluation of grades. We believe all children can learn. All students do not have the same skill ability, nor do all students have the same opportunities to participate in extracurricular activities. Thus, children who participate in physical education activities to the best of their abilities will receive high grades regardless of skill ability. Please see the attached sheet for more details on the district's physical education grading criteria.

We are proud to have your child involved in one of the best physical education programs in the state. We wish your child the best and look forward to a great year.

A handwritten signature in black ink that reads "Darla Clark".

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Darla Clark  
Assistant Superintendent of  
Elementary Administration

A handwritten signature in black ink that reads "Mike Fielder".

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Mike Fielder  
Director of Athletics and  
Physical Education Administrator