

Physical Education Cliffwood

Welcome to **Cliffwood** Physical Education!
 My Name is **Mr. McGowan** I have been teaching physical Education for **14** years! We will be working to encourage healthy habits and to teach students that movement is fun. The goal is for our students to be confident and creative movers and to choose to be active for a lifetime!
 We are looking forward to an exciting year!



Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA

The CDC recommends that your child gets at least 60 minutes of moderate to vigorous exercise daily. Recommendations for adults are 150 minutes per week. Your child receives Physical Education **for 44 minutes 2X a week.**

What I Learn in PE Class

Every day your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

Look at the **National Standards** to help you understand what you are learning in PE.

A physically literate individual:	What this means to me:
1 demonstrates competency in a variety of motor skills and movement patterns.	I have the skills to move and play.
2 applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	I show that I know how to move and use a plan when I play games.
3 demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	I show that I know how to get fit and stay fit.
4 exhibits responsible personal and social behavior that respects self and others.	I act fairly and respectfully when I play.
5 recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I know why it is important to be physically active.

SHAPE America | 50 MILLION STRONG 2022

What You Can Do



Move and play with your child as much as you can and model good healthy habits. Now is the time to create these habits!



Emphasize the importance of following directions and giving their best effort. Ask your child what they learned each day.



If your child has any health concerns, please let me know, as I will adapt the activities to fit his/her needs. If your child cannot participate due to illness or injury, a parent note needs to be sent to the PE Dept. Your child's health and safety are a top priority!



Have your child come to Physical Education prepared with an athletic sneaker and play clothes. Please help your child learn to tie their shoes as this will help them be safe while participating. Please have your child bring an athletic sneaker in their book bag if they must wear sandals or boots to school.