

Kingsley Knights Physical Education (P.E.)



I'm excited to have your child in P.E. this year! Physical education is all about helping students develop physical literacy. Becoming individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It goes way beyond just the physical skills, but also focuses on developing mental, emotional and social skills through games, sports and movement activities in a safe and inclusive environment. Our curriculum follows the Illinois State Physical Education Standards and SHAPE America National Standards.

I can't wait to see your child move, play, and grow this year! If you ever have any questions or concerns, please feel free to reach out to me anytime.

–Mrs. Blitek



How you can support your child for P.E.

- Please ensure your student comes to Physical Education prepared with **TENNIS/GYM SHOES**. No sandals, crocs or boots (If they must wear these to school please pack tennis/gym shoes in their backpack).
- Help make sure they are wearing comfortable clothes to move in (If wearing a dress or skirt, they should wear shorts underneath). We will be running, jumping, dancing, tumbling, climbing and moving in so many **CREATIVE & FUN** ways!!!
- It is important for children to learn to tie their shoes for safety during activities.
- Move & Play with your child as much as possible and help model good healthy habits at home. Now is the time to help build these lifelong habits both at school and home.



OUR CLASS MOTTO:

**Work
HARD**

**BE
KIND**

**BE
BRAVE**

**PLAY
SAFE**

ALWAYS TRY YOUR BEST!

Important Dates

Fall Climbing Week: 11/16–20
Kids Heart Challenge: 2/1–2/28
Spring Climbing Week: 3/8–12
Field Day: 5/20 (raindate: 5/21)

Contact Info

P.E. Teacher: Mrs. Blitek
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