

Meadowbrook PE Corner

Mr. Huhsman

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Volume 1

Gym vs. PE

At Meadowbrook we do Physical Education and we take pride in our program. Gone are the days when the gym teacher just rolled out the ball. We will be doing a lot of

physical fitness type activities to help make your child healthy...so be sure that they are ready to WORK on their PE days.

Phys Ed Standards

Your child will be assessed on the following standards:

1. The physically literate individual demonstrates competency in a variety of movement skills.
2. The physically literate individual applies knowledge of concepts and strategies related to movement and fitness.
3. The physically literate individual exhibits responsible, personal and social behavior.

Help your child come to class prepared with good tennis shoes. Make sure your child knows how to tie their own laces so they will be safe while participating.

I'm looking forward to a happy and healthy year.

Mr. Huhsman

What can you do?

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-As a parent move and play with your child as much as you can and model good healthy habits. Creating these habits starts NOW!

-Emphasize the importance of following rules and putting forth a good effort in class. Ask your child what they learned in PE not what they played.

-Feel free to come and join us in PE class any time throughout the year. Just be ready to participate 😊

-Understand that in order to be excused from PE for any injury or illness your child will need to provide a note stating why and how long they need to be excused. A doctor's note will be needed for anything exceeding 2 days.