

Welcome to Physical Education at Forest Vista!

What does the program include?

Physical Education at Forest Vista includes a number of age-appropriate activities to strengthen coordination and skills to set the stage for an active and healthy lifestyle for our students. The sequential teaching of these skills enables each child to progress at his/her own pace, while exploring the application of these skills to various sports, recreational activities and lifelong health and wellness habits.

Along with providing activities to strengthen and condition your child physically, activities to strengthen his/her cognitive development will also be a part of our program. Studies are now suggesting that physical activity can boost neural development. Evidence strongly supports that consistent and integral use of physical activity and daily physical education can boost cerebral and body circulation, encourages planning and problem solving, creates better stress adaptability, improves memory, activates many areas of the brain, stimulates brain growth and increases learner motivation. Cerebellum research shows that **“WHAT MAKES US MOVE IS ALSO WHAT MAKES US THINK.”** Physical exercise brings oxygen into the body. Oxygen is fuel for the brain. The more your child strengthens and conditions his/her body, the greater his/her learning opportunities will be in the classroom.

Kindergarten, First and Second Grades participate in low organization games and progress to higher organizational games. Skill builders, Recreational activities, beanbag activities, jump roping, speed stacking and stations will also be introduced.

Third, Fourth and Fifth Grades are exposed to the skills involved in some team sports, & Lifetime Activities, along with a continuous program to educate our students about living a healthy lifestyle. A healthy lifestyle is one which is free of drugs and tobacco and includes daily physical activity and good nutrition. 3rd-5th Grade will also, be taking the FitnessGram (State mandated fitness test).

How can I support my child in this program?

Your support is vital to your child's success and accomplishment in our P.E program. We hope that through exploration of a large number of activities, your child will find one or more that he/she will really enjoy and participate in for years to come. Please learn from your child his/her P.E schedule and help him/her remember to wear proper shoes and clothing to participate. We hope these guidelines will help:

- 1) Wear rubber soled shoes: athletic or tennis shoes are preferred for better support of the foot. NO SPORTS SANDALS WITH EXPOSED TOES---OUCH! No high heeled /platform shoes please.
- 2) Encourage your child to wear comfortable, “moveable” clothes.
- 3) If a dress must be worn on a PE day, please have your child wear shorts underneath.
- 4) Your child MAY NOT participate if his/her clothing and shoes are not appropriate or may pose a risk of injury.

**After the first week of school, if your child does not wear tennis shoes or proper PE shoes on their PE day, a note will be sent home as a reminder. Thank you for your help.

What if my child is injured or ill prior to PE class?

Please send a note to your child's classroom teacher concerning his/her participation that day. I will modify that day's activity for your child according to how they feel. If your child is unable to participate at any activity level, then your child will go to the "INFO CENTER" where he/she will be able to do some work for participation credit. If your child needs to miss MORE THAN ONE PE CLASS, a note from your physician is required, so I am aware and may follow medical instruction.

How will my child be graded in PE class?

Your child's grade is based on participation, positive attitude and willingness to work in a group or on a team. We have no losers in PE! We have fun learning together and learning how to help each other! Teams are randomly chosen to enable your child to have the opportunity to be teammates with each child in his/her class at various times throughout the year. We have a "NO FEAR TO TRY" policy in the Forest Vista Gym.

What is Senate Bill 530?

Senate Bill 530 requires all students to have at least 135 minutes of PE every week. To fulfill this requirement, Forest Vista will have PE time, as well as, videos shown in the classroom or fitness activities conducted by classroom teachers at extra recess. I strongly encourage all the parents to send an extra pair of tennis/ athletic shoes and socks with your child to keep in his/her locker. Your child will be engaged in physical activity everyday. Please help your child dress appropriately.

All Call to Parents:

- 1) Glue Gun sticks (any size)
- 2) Sports Equipment (playground balls and jump ropes especially)

I hope this information will be helpful to you understanding the importance of PE in your child's day. Please get involved in helping our children be their very best!

Thank you for helping me to become a better teacher,

Amber Gray

graya@lisd.net

FVE Physical Educator