

# Woodchuck Physical Education

## 1st-5th Grades

Dear Woodbridge Parents,

I am looking forward to an exciting year of P.E.! My teaching philosophy is to teach every student positive sportsmanship and have them discover the importance of living a healthy lifestyle through physical fitness and nutrition. My personal goal is for every child to enjoy their time in P.E. and give their best effort. I am looking for improvement from the beginning to the end of the school year.

The goal of the physical education program is to develop and improve students' personal fitness and motor skills by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction. Your child's locomotor movement, manipulative skills, personal behavior, and fitness level will be monitored and assessed throughout the school year. Our curriculum is based on the California Content Standards for Physical Education. Assessments are divided into two categories: movement skills/knowledge of concepts, and self-responsibility/group interaction.

**Participation:** Every child is expected to participate to the best of their ability each day they attend class. If your child needs to be excused from any PE activities, send a written note to school. Please be specific as to what your child can and cannot do so modifications can be made appropriately. If the condition restricts activity for more than a week, a doctor's note will be needed.

**Dress:** To ensure maximum safety and participation, your child should wear appropriate clothing and footwear for movement. Proper footwear includes tennis type/sneaker shoes-those with a flat bottom (**no heel or high platform**) and the foot fully covered and laced snugly. On hot days, sunscreen and water bottles are recommended (please no Gatorade type of drinks or juices). On cold days, dressing in layers is recommended.

**Your child's P.E. Day:** Please check with your child's classroom teacher to find out which days their class will attend P.E. so you can help them remember to be dressed appropriately.

**If your child has any ongoing health concerns or restrictions that we need to be aware of, please send a detailed note with instructions for their class participation limitations.**

Please do not hesitate to contact me with any questions or concerns.

Looking forward to a great year!

Johnny Kight - Physical Education Teacher

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