

Dear Parents,

This month we have spent a lot of time getting to know each other in P.E.! We've started the school year playing several cooperative games where students practice teamwork, sportsmanship, spatial awareness, and FUN (of course). The next few classes, 3rd-8th graders will be doing fitness testing. We start with the Pacer Test on Wednesday, September 12th. "The FitnessGram **Pacer Test** is a multistage aerobic capacity test that progressively gets more difficult as it continues" (I'm sure you have all heard this several times before!) Students are NOT graded on their running or athletic capabilities, only their participation and positive attitude! Students have had warm ups each day at the start of P.E. which have increased their strength and endurance. Kindergarten-2nd grade are practicing hula hooping and jump roping skills the next few weeks! 3rd-5th graders have learned a new bone each day of P.E. So far they have learned the skull, mandible, clavicle, and humerus. (Quiz them on it!)

It has been a pleasure getting to know your children. I can't wait to see what the rest of the school year brings. Please remind your child to wear good running shoes on P.E. days (Mondays & Wednesdays). As always, let me know if you have any questions or concerns. Play on! ~Mrs. Emily Ellis