



## East Avenue Primary Physical Education



**Dear Parents,**

We are looking forward to providing your child with an exciting and rewarding physical education program. The P. E. classes will prove to be an integral phase in their physical and social development. We take pride in our program and are committed to giving the students the best instruction possible.

The aim of the physical education program at East Avenue Primary is ***to develop and improve students' personal fitness and motor skills by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction.*** By incorporating challenging yet achievable tasks, the students will attain positive attitudes about physical activity and movement.

Every child is expected to participate to the best of their ability each day they attend class. The state law requires that each student have 60 clock hours of physical education in a school year. There are days however, when illness or injury may inhibit your child's ability to participate. If so, please send a note with your child, with a brief description regarding the nature of the restriction. If the condition restricts activity for more than 5 consecutive days, a doctor's note will be required.

**We are concerned about your child's safety and for that reason; we ask that they wear athletic or running type shoes.** Shoes with heels, boots or sandals (such as cros) make it difficult for children to participate safely. We strongly encourage students to wear socks with their shoes and girls that choose to wear dresses or skirts should wear shorts underneath their clothing.

**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.**

The students will be assigned 2 set days of Physical Education each week based on a 5 Day, (Mon to Fri) rotation. The classroom teachers will have schedules posted in their classrooms. A master schedule will also be posted outside the gym.

Thank you for your support, and we look forward to working with your child.

**Sincerely,  
Kelsey Boulter**

