

Dear Parents,

Coach Innocent here, welcoming you to a new year of Physical Education at Sally Ride Elementary! I am excited to be your child's teacher and look forward to teaching your child the physical education standards that will help them become more confident, healthy, and safe.

Reminders for PE:

Students are required to have 150 minutes of physical activity per week. Please check with their teacher to know which days of the week your child is coming to PE so they can dress accordingly.

Students need comfortable clothing that will allow them to move freely, jump, roll, throw, etc... Girls who wear dresses are encouraged to wear shorts under their dress to confidently participate fully in the activity. When the weather is hot students should dress so that they do not overheat outside.

Shoes should be comfortable and allow for your children to run and stop without falling. A Sneaker type shoe is preferred. Flip-flops are never allowed in school and high heel shoes or shoes with slippery hard soles cause students to slip, fall, and turn ankles.

Safety:

Keeping your child safe is my first priority. I need your help by making sure they are properly dressed for physical activity. If your child is not being safe with themselves, the equipment, or others, they will be required to complete an alternate physical education activity until they can show me that they are ready to rejoin their class. Please make me aware of any special situations with your child as they relate to PE.

Participation:

Participation is mandatory unless a note from a parent, doctor, etc... indicates otherwise. Please be sure that I am made aware in writing of any modifications that need to be made to your child's participation. NOTE: While participation is mandatory your child will never be required to participate beyond their physical ability to do so safely. They will be encouraged to do their best!

If you have any questions or concerns please feel free to contact me leave a voicemail at (407) 858-3100 ext. 4422105 and I will get back to you. Thank you for helping us make this upcoming school year a slam dunk!

Coach Innocent
Physical Education Teacher
Sally Ride Elementary

