



# Arthur S. May

## P.E Welcome Back News Letter



Our goal as physical educators is to teach every child, from the physically gifted to the physically challenged, how and why they should keep themselves healthy and fit throughout their lifetime. In our physical education program, we provide learning experiences which are developmentally appropriate that will teach children how to be physically active in ways that increase physical competence, self-esteem and joy through lifelong physical activity.

### Remember 6 Day Cycle

Know what # days you have P.E



Students need to wear sneakers to participate in P.E class. If students forget their sneakers they can borrow a pair in order to more fully and safely participate.



Students are also encouraged to wear comfortable clothing that is easy to move in.

### Reminder: Hydration Information

- Students can bring water bottles from home to class and leave on bleachers
- **Filled with water only**
- Students who have water on bleachers may take a quick water break when necessary during activity times.



### CONTACT INFORMATION

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FOR MORE INFORMATION VISIT OUR NEW AND IMPROVED WEB PAGE ON THE ASM WEB SITE

