

August 12, 2016

Dear Side Creek Parents/Guardians,

I hope you all had a wonderful summer and it is hard to believe we are already starting the 2016-2017 school year! I would like to introduce myself for it is my 10th year at Side Creek Elementary as your child's Physical Education teacher. My name is LeAnn Zimmerman and I have been teaching physical education/health for the past fifteen years. I am really excited to work with your child this year.

My number one goal is the importance of your child's physical activity education. The percentage of overweight youth has more than tripled in the past 25 years partially due to increased interest in sedentary activities such as television, IPADS, computers, and video games. A reduction in physical activity, as well, as an increase in caloric intake has contributed to an obesity epidemic. It is a well-documented fact that Americans become increasingly less active as they age. Just as children and youth can learn the habit of regular physical activity, they can learn to be inactive if they are not taught skills and given opportunities to be active during their childhood.

The foundation of a quality physical education program is the cornerstone of an active lifestyle for all students! School programs provide the skills, knowledge and attitudes that facilitate choosing physical activity after school, at home and in the community. My hope is that your child will benefit in such a school program here at Side Creek Elementary.

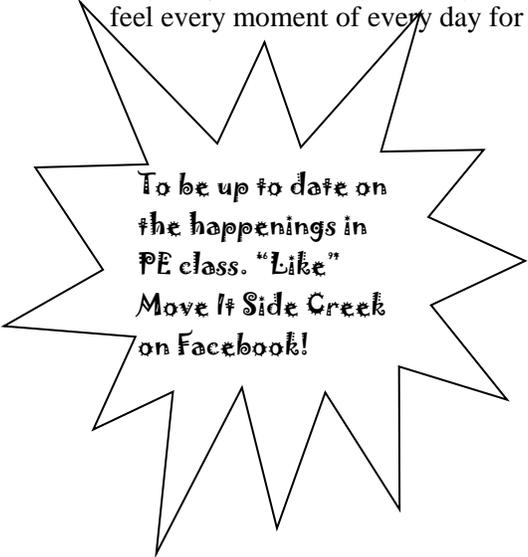
This year I will be continuing to implement physical education curriculum that was adopted through Aurora Public Schools a couple of years ago. The curriculum and lessons will be focused around the newly revised Colorado Physical Education/ Health Content Standards. Your child will be assessed and have to show competency in each of the four standards. This school year, I would like to invite you to visit our physical education class. You will see students participating in developmentally appropriate activities. These activities will increase their physical competence, self-esteem and joy of being physically active no matter what their physical abilities may be.

Your child, regardless if in kindergarten or fifth grade, will participate in physical education class once a week for forty-five minutes. To start off the year, I plan to administer the FITNESSGRAM test to children in grades 3-5 so that we can evaluate their level of fitness. The five tests include: the pacer test (cardiovascular endurance), the curl up test (abdominal strength), the sit and reach test (flexibility), the push up test (upper body strength), and Body Mass Index.

I look forward to working with your child and I hope that we can maintain open communication throughout the year. If you have questions or comments, please feel free to call me at 303-326-4976 or email me at llzimmerman@aps.k12.co.us. On the back of this letter, I have outlined the Colorado Physical Education Content Standards, guidelines, and a schedule to help assist your child being successful in physical education class. I would like to end this letter with a quote from Allen Russell, "Of all the subjects taught in school, Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life".

Sincerely,

LeAnn Zimmerman
Physical Education



To be up to date on
the happenings in
PE class. "Like"
Move It Side Creek
on Facebook!

Colorado Physical Education Content Standards

Standard 1: Movement Competence and Understanding

Standard 2: Physical and Personal Wellness

Standard 3: Emotional and Social Wellness

Standard 4: Prevention and Risk Management

Physical Education Guidelines

I would like to notify you of the physical education rules and expectations that will be implemented all year. I will expect your child will follow directions, listen carefully, respect others, respect school property/ equipment, and play safely. If these rules are not being followed then your child will be given a warning. If the behavior continues, I will ask your child to take a time out from activity for a brief period of time. I will conference with your child and ask them to correct their behavior. If the behavior still continues then I will sit your child the rest of the class with a phone call home.

Appropriate Footwear—Shoes with non-marking soles that are designed for physical/sport activities are required. Boots (rain, snow, hiking, cowboy, etc.), cleats, sandals, “dress shoes,” platform sneakers, heels, and backless sneakers ARE NOT safe shoes to wear during physical activity and/or can cause damage to the gym floor.

Comfortable Clothing—Students are often asked to move upside down and on the ground. Therefore, dresses without shorts underneath and “best clothes” are not appropriate. Jewelry can also restrict movement and is a safety concern for all. Bracelets, necklaces, large earrings, and rings should not be worn during physical activity.

Maximum Participation—If your child is unable to participate in physical education, a **written** excuse from you or a physician is required. If an injury allows some participation, please specify in the note which activities are appropriate for your child. Please also notify me in writing if there are health concerns that I would need to know about such as a bee allergy, asthma, etc.

Schedule for PE (1st QUARTER)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10-8:55	2B Passeretti	2A McFarland		2D Truesdale	2C Flowers
9:00-9:45	KB Pacheco	KA Harper		KD Mclane	KC Meffley
9:45-10:30	1B Diedrich	1A Chavez			1C Yoo
11:20-12:05	4B Martinez	4A Bell		4D Labarry	4C Geherin
12:55-1:40	3B Steen	3A Cederberg		3D Reynolds	3C Sorrells
1:45-2:30	5B Miley	5A Gray		5D Palmer	5C Palmer

Mark Your Calendars!!!

Wolverine Field day is Friday, September 9, 2016.

Friday, September 23, 2016 as a back up, date if a weather cancellation occurs.

More details will follow in the next few weeks.