



COLLEGE PARK ELEMENTARY PHYSICAL EDUCATION PROGRAM

Dear Parents & Students,

Welcome to the 2018-2019 school year. The P.E. staff and I have planned a school year filled with fun activities and exciting learning experiences for your child! Through the course of my studies and previous experiences, I will challenge your child both physically and mentally. I will introduce them to a variety of games, activities, and skills that will progress throughout the school year. Examples include: basketball, throwing and catching, kickball, running club, floor hockey, soccer, Fitness testing, and dance. Moreover, students will also learn about sportsmanship, teamwork, and responsibility.

Additionally, I have many extracurricular events planned. They include the Operation Smile Final Mile in March. This is where students run one mile every Monday and complete 24 miles of a marathon. Then during the Shamrock Marathon in March, students finish the last mile with thousands of other students at the Oceanfront. It was a “ton-of-fun”, and last year we had about 50 students participate. This year, I would like to have over 75 students participate in this awesome event. Jump Rope for Heart is in November, and CPES raised over \$3,500 for this great cause. The goal for this year is to raise over \$4,000 and to teach students the importance of physical activity so they have a strong and healthy heart. Furthermore, we will have a Family Fitness Night and Field Day at the end of the year. Please check the CPES homepage for P.E. News and updates.

Safety is a main priority when students come to Physical Education class. In order to reach this goal, please discuss the following guidelines with your child:

- Proper shoes should be worn during gym class. Preferably tennis shoes or similar rubber bottom sole shoes. Open toed shoes, sandals, dress shoes, boots, flip flops, and slip-on’s (shoes without a back) are not allowed as they may endanger your child. If your child does wear the above mentioned shoes to school, please have your child bring a pair of old tennis shoes to gym class and they will be allowed to change into them before the start of class.
- Students should be appropriately dressed for physical activity.
- Please inform the physical education teacher and school nurse if your child has special circumstances, such as asthma that may affect their participation in physical activity.
- Students may be excused from physical activity if a written note is received by a member of the physical education staff. The note should include the number of days the student is to be excused from physical activity. If longer than 3 days, a doctor’s note is required.

Thank you for your support of the Physical Education Program and welcome to the 2018-2019 school year! If you have any questions or concerns, please contact me at any time.

Sincerely,

Mr. Brian Shelton – Physical Education Teacher

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