

Dear Parents/Guardians,

A quality physical education program is offered to students as part of our curriculum. We will be using activities from the SPARK Physical Education program. SPARK (Sports, Play, and Active Recreation for Kids) is an “Exemplary Program” of the U.S. Dept. of Education. SPARK research has shown that students who participate in at least three 30-minute SPARK PE classes each week do as well or better than others on standardized academic test scores.

SPARK PE is a unique program designed to help teachers like myself lead activities that are inclusive, highly active, integrate academic and wellness concepts, and are fun for all students. Additionally, instructional units are designed to develop students’ motor, cognitive, and social skills.

This is the “new PE” you may have read about. Students won’t waste time waiting in lines for a turn, be a target in a dodgeball game, or be chosen last for a team. All students will have many opportunities to practice and participate in high levels of moderate to vigorous physical activity. Everyone will feel successful each lesson.

Physical education class will be on MONDAY, TUESDAY, & FRIDAY. Please remind your child to dress appropriately for physical activity every day. For comfort and safety purposes, he/she should **wear sneakers** and clothes suitable for activity.

Physical activity must be done regularly to achieve health benefits. Therefore, your child’s participation is very important. If your child is sick or unable to participate in all activities, please let me know via note or phone call prior to the scheduled class.

Experts recommend children receive at least 60 minutes of physical activity each and every day. Please help your child meet these recommendations by helping them to seek opportunities to be active outside of school. Each month your child will receive a *SPARK Home Play*. Put the *Home Play* on your refrigerator and prompt your child to do the suggested activities throughout the month.

If you have any questions or concerns, please contact us.

Thank you,

Coach Brunkhorst & Coach Davidson
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