



WELCOME TO DUKE PHYSICAL EDUCATION

Dear Parents/Guardians:

I would like to take this opportunity to introduce myself as your child's Physical Education teacher this year. At Duke we offer a quality physical education program designed to lead students to an active healthy lifestyle that promotes a life-long commitment to wellness.

In order to provide the best possible experience for your child, we must all work together as a team! I would like to take this time to inform you of a few guidelines to ensure safety and success for your child in the Phys. Ed. program this year.

The primary areas of study in Phys. Ed. this year will be getting students to understand how their actions affect their health, fitness and personal well-being so that they will be able to make healthy decisions in all areas of life and personal development. The two main areas of knowledge in all Phys. Ed. programs are **Movement Competence** (movement skills and, concepts and movement strategies) and **Active Living** (active participation, physical fitness, and safety).

In Phys. Ed., students will be encouraged to have fun and enjoy PE. They will also be encouraged to participate to the best of their ability in a wide variety of activities. Your child's safety is the most important factor in a gymnasium. Please remind your child to dress appropriately for each scheduled physical education class. **For comfort and safety purposes, students must wear running shoes with rubber soles, it would also be best to wear shorts/sweatpants and t-shirt.** There are change rooms available however, we ask students to come prepared to class as the use of the changerooms is limited. Students are also encouraged to bring their own **drink bottle that is labelled.**

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.

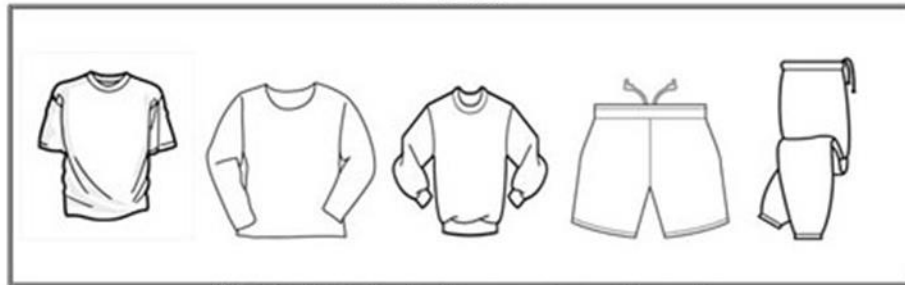
I look forward to working with your child this year in the Physical Education program. If you have any concerns about your child's progress in my class, please feel free to contact me at the school to discuss your concerns.

Health is evaluated separately from Physical Education. This subject will be taught by your child's homeroom teacher.



What to Wear for Gym Class

😊 YES! 👍



- T-Shirt (short sleeve or long sleeve)
- Sweat shirt
- Gym Shorts
- Sweat Pants

*All clothes should be loose-fitting
and easily comfortable for moving around!*

***** You must wear running shoes. Please, no flats, flip flops, sandals or boots. *****

My scheduled Gym classes are on:

DAY _____ **Time:** _____

AND

DAY _____ **Time:** _____

Sincerely,
Ms. M. Oliveira
HPE Specialist