**Physical Education**

**4th and 5th grade**

Dear Parent or Guardian,

I would like to welcome you and your child to a new school year!  This year, your child will have two forty-five minute physical education classes per week.  To start this year, I will be implementing a new procedure for gym clothes.  The students in 4th and 5th grade will NOT change their clothes for my class.  The students will only use the locker room if they need to use the restroom during class.  The students will be expected to come to physical education with proper gym shoes.  However, I would highly recommend that the students wear loose fitting clothes on physical education days.  I would also recommend that the students bring a sweatshirt or a jacket on the days that we will be going outside to run.  I want to thank you in advance for your help with implementing this change in procedure.

**SHOES:** **ALL GRADES MUST HAVE PROPER SHOES TO PARTICIPATE!**Athletic shoes need to have good non-marking rubber soles that are kept clean.  Traction is of the utmost importance to ensure safety during physical activity.  If athletic shoes are to worn or dirty they lack proper traction.  Please practice with your child wiping off their shoes so they are clean when they go into a building.  On bad weather days when your child may wear boots or winter warm shoes, please have them bring their athletic shoes for P.E. class.

**LACED, VELCRO STRAPPED AND SLIP-ON SHOES:**  All shoes must be snug to prevent ankle-twisting problems.  “Loose” shoes can become a hazard for all students.  **The general guideline for athletic shoes:**  closed toe, ankle support, heal support, and arch support. They may be laced, velcro strapped, or slip-on.  No plastic shoes, high heel shoes, sandals, boots, dress shoes, or slippers.  No soles that are over one inch thick!

**DRESS**: 4th and 5th grade students will NOT change their clothes on their Physical Education days.  The students will only use the locker room if they need to use the restroom during class.  However, I would highly recommend that the students wear loose fitting clothes for my class.  I would also recommend that the students bring a sweatshirt or a jacket on the days that we will be going outside to run.

**PHYSICAL EDUCATION MEDICAL EXCUSES:**  If your child has a health problem that limits their participation, please have your child tell me and have them bring a note from you explaining the problem and what your child can and cannot do.  This will help me to decide on the best possible care for your child during my class.  Any problems that last longer than two physical education days will require a note from the doctor indicating the time frame that your child will not be able to fully participate in class.

**HEALTH APPRAISAL FORMS:**  No physical exam is required until sixth grade.  Therefore, please fill out and return the health appraisal sheet **or you child will not be able to participate in vigorous physical activity.**  Please note any problems that would limit participation.

If you have any questions or problems please call me and I will contact you as soon as possible.  I am looking forward to meeting you and working with your child.

Sincerely, Mr. Haliburda

Physical Education Teacher

Howard Elementary 827-6350                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    