Physical Education Newsletter

Dear Parents,

I’m excited to begin my third year at Brighten Academy teaching Physical Education. Mrs. Gore and I are looking forward to starting a new school year and teaching your students new fitness and sport skills to keep them active and having fun.

**K-5:**

We always have so much fun in Elementary PE. The students can look forward to seeing some of their favorite activities and games again this year such as Noodle Tag, Dribbling with the Dinosaurs, Pin Knockdown, Dance, Fitness, etc. We will also be adding more activities/games this year. Our goal is to keep our students active while teaching them the skills they need to be successful in a variety of fitness and sport activities so they can live healthy active lifestyles.

Elementary Students will not be dressing out for PE, but they will need to wear proper tennis shoes on the days they have PE. These shoes will need to adhere to the same dress code as the school. We do have a water fountain now, but students are welcome to bring their own water bottle with their name on it. We place them in a designated area during class.

**Middle School:**

Middle School can expect to see instruction on a variety of sports and fitness in PE Class. They can look to learn sports such as Basketball, Volleyball, Soccer, Ultimate Frisbee, Football, Pickle Ball, etc. Middle School (Grades 6th – 8th) will be dressing out for PE. A percentage of their grade will consist of whether they dress out every day. Below is what they will need.

* **Navy Blue Athletic Shorts (no shorter than 2 inches above knee) or Navy Blue Athletic Pants.**
* **Gray T-shirt (Plain-No graphics or writing). Students may also wear Brighten Spirit Day T-shirts if they have one.**
* **Tennis Shoes (they must abide by the same dress code as in their other classes- shoes must be predominately white, navy blue, black, gray, or brown).**

Please email us with any concerns or questions.

Coach Kiker & Mrs. Gore

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