



# Liberty Lake Elementary Health & Fitness



## Parent Information Letter

The Central Valley Health and Fitness Curriculum is designed to help students acquire the skills and knowledge necessary to develop and maintain a healthy and active lifestyle. We are sending this letter home to reinforce some of our expectations for this year. It is our goal for every student to have the best possible experience in class. Your child should come to class with a great attitude, ready to encourage one another, be safe and in control, give his/her best effort every day, and be good team members.

**Health and Fitness Student Responsibilities:** The student's EFFORT grade is based on these responsibilities.

- † Be kind and respectful.
- † Wear appropriate shoes (closed heel and toe) and clothing.
- † Follow directions the first time.
- † Be Safe
- † Clean up quickly and appropriately.
- † Do your best work!
- ➔ A Fitness Log each month. Students work on their Fitness Log throughout the month and turn it in to the envelope in their homeroom teacher's classroom or their class file folder in the gym, on or before the due date.

### Homework



3<sup>rd</sup> thru 5<sup>th</sup> grade students have homework in Health and Fitness at Liberty Lake Elementary. Homework is designed to assist your child in learning and practicing ways to live an active and healthy lifestyle. Parents can look for and expect their child to have:

- ➔ Worksheets that are not finished in class.
- ➔ Occasional study guides in preparation for quizzes or tests.
- ➔ Students will receive a paper copy of their homework in class. If homework is lost or misplaced, a new copy can be attained on Ms. Peterson's Homepage on the Liberty Lake Elementary Website. If you do not have access to the Internet at home, student's can print a copy in their classroom or in the library on their own time.

[www.cvsd.org/libertylake/](http://www.cvsd.org/libertylake/)

- 🔗 click on Staff Directory
- 🔗 click on Ms. Peterson's Homepage

### Grades

Students in grades 1 and 2 will receive an EFFORT grade at the end of each term



Students in grades 3 thru 5 will receive an EFFORT and an ACHIEVEMENT grade at the end of each term.

### Shoes



You can ensure your child's success and safety this year in Health and Fitness by making sure they have proper footwear on the days they come to the gym.

- Tennis shoes are required to participate during Health and Fitness class.
- Tennis shoes need to be closed toe and heel, and be tied or fastened snugly so they will be safe for running, jumping, hopping, kicking, turning, and landing.

- Shoes with a raised sole, heels, flip-flops, snow boots, heely's', slip-ons (shoes with no back to them), skateboarding shoes that are not tied (or tied loosely), sandals, or anything with an exposed toe , are not allowed for safety reasons.
- Students with improper shoes will walk the perimeter of the gym during Health and Fitness activity time in order to be safe for themselves and for the safety of others.
- **Please ask your child what days his/her class has Health and Fitness, so you can help them remember to wear tennis shoes or put a pair in their backpack.**



### Illness or Injury

If your child is ill or has sustained some type of injury and you do not want him/her to physically participate in Health and Fitness that day, please send a **WRITTEN NOTE** along with them to school. If your child went to the doctor for their illness or injury, please send a doctors note stating when they can return to activities. Children that do not participate due to illness or injury will be responsible for the concepts covered that day and will be expected to complete a worksheet in class demonstrating their knowledge.

Thank you for taking time to review our class expectations. Please feel free to contact us at any time with questions or concerns. Please keep this portion of the letter for future information. You may also find this letter on Ms. Peterson's Homepage under curriculum.

Sincerely,

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