

Welcome to the 2009-2010 school year!!

We are starting off our year with our Fall physical fitness testing and will end with spring testing. Our testing includes:

Sit & Reach (flexibility)

Long Jump (jumping forward)

Vertical Jump (jumping upward)

Shuttle Run (agility)

One Mile (distance & cardio)

Weight

Height

Body Mass Index. (appropriateness of one's height to weight)

Other activities will include units on Volleyball, Basketball, Football skills, Roller Skating, Cupstacking, Track & Dancing. Games will be interspersed to keep the curriculum fresh and fun.

Please remind your child to wear their gym shoes, participate with effort and behave while in class. Remind your student that a 'U' or 'N' in Gym will keep them off the Honor Roll.

I am always available to meet with parents in the early morning.

Jan Asher 398-9725 ext 1114