Welcome to Dater Montessori Physical Education! My name is Jennifer Kuhn and I have been teaching physical education for 36 years! We will be working to encourage healthy habits and to teach students that movement is fun. The goal is for our students to be confident and creative movers and to choose to be active for a lifetime! We are looking forward to an exciting year!

The CDC recommends that your child gets at least 60 minutes of moderate to vigorous exercise daily. Recommendations for adults are 150 minutes per week. Your child receives Physical Education 45 minutes 1 day a week.

What You Can Do

Move and play with your child as much as you can and model good healthy habits. Now is the time to create these habits!

Emphasize the importance of following directions and giving their best effort. Ask your child what they learned each day.

If your child has any health concerns, please let me know, as I will adapt the activities to fit his/her needs. If your child cannot participate due to illness or injury, a guardian/doctors note needs to be sent to me. Your child, health and safety are a top priority!

Help your child come to Physical Education prepared with tennis shoes and play clothes. Girls that wear dresses/skirts will need to wear shorts/leggings under their dress/skirt. Please help your child learn to tie their shoes as this will help them be safe while participating. Please have your child bring tennis shoes in their book bag if they must wear sandals or boots to school.

What I Learn in PE Class

<table>
<thead>
<tr>
<th>A physically literate individual:</th>
<th>What this means to me:</th>
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<tbody>
<tr>
<td>demonstrates competency in a variety of motor skills and movement patterns.</td>
<td>I have the skills to move and play.</td>
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<tr>
<td>applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</td>
<td>I show that I know how to move and use a plan when I play games.</td>
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<tr>
<td>demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</td>
<td>I show that I know how to get fit and stay fit.</td>
</tr>
<tr>
<td>exhibits responsible personal and social behavior that respects self and others.</td>
<td>I act fairly and respectfully when I play.</td>
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<tr>
<td>recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</td>
<td>I know why it is important to be physically active.</td>
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