

Dear Parents/Guardians and Students of Whitman Middle School:

We are proud to offer a fun and challenging **Physical Education** curriculum that gives students the opportunity to explore movement through organized sports and other activities. Our goals for the program are to increase or maintain students' physical fitness, balance, coordination, and discipline and also teach students to work as a team and develop their own leadership skills. Physical Education is an integral part of the middle school program, preparing students physically to meet the challenges posed in and out of the classroom. We are a success-oriented program, which means students are given every opportunity to improve their performance on tests and any skills or activities we cover. We focus on progress made--however great or small--and the gym is open on designated days before and after school to give students additional practice time or instruction.

One semester per year of P.E. is required for all students. Classes are co-educational, and everyone is required to wear a PE uniform consisting of a Whitman PE shirt, gym shorts, socks, and gym shoes. Students may wear their own shorts, provided they are athletic shorts with elastic waists and either nylon or cotton blend (no jeans or casual dress shorts). Sweats and exercise pants are also acceptable.

All students will be expected to suit up and participate fully unless excused by a note from their doctor or the school nurse.

We have outlined the above information as well as more details about our program, along with a semester curriculum map on the attached syllabus. Please read over the attached syllabus and let us know if you have any questions.

Ms. Deatherage: kdeatherage@seattleschools.org

Mr. Millsap: cdmillsap@seattleschools.org

One of the first test grades your child will be receiving is for his/her efforts on sharing this letter with you and discussing our expectation that your child be suited up and ready to participate every day to get the most benefit from class. To get full credit, all students have been asked to return this letter by Friday, September 13th with your signature below.

We (I) understand the requirements and expectations of the Physical Education Department and will do our (my) best to help our son/daughter (myself) succeed.

Parent/Guardian signature

Student signature

Print name

Print name

Thank you, and we look forward to having your child in class this year!