



## EDINBROOK PHYSICAL EDUCATION

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Mrs. Wentzell

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Greetings Edinbrook Families!

As this school year begins, we would like to remind you about the importance of your child's physical activity education. The percentage of overweight youth has more than tripled in the past 25 years - partially due to increased interest in sedentary activities such as television, computers and video games. A reduction in physical activity as well as an increase in caloric intake has contributed to an obesity epidemic.

It is a well-documented fact that Americans become increasingly less active as they age. Just as children and youth can learn the habit of regular physical activity, they can learn to be inactive if they are not taught skills and given opportunities to be active during their childhood.

Physical activity instruction in school physical education programs is the cornerstone of an active lifestyle for all students. School programs provide the skills, knowledge and attitudes that facilitate choosing physical activity after school, at home and in the community. As your child's physical education teachers, we promise to:

- Establish a positive, safe learning environment for all students
- Teach a variety of physical activities that make PE class fun and enjoyable
- Create maximum opportunities for students of all abilities to be successful
- Promote honesty, integrity and good sportsmanship
- Guide students to become skillful and confident movers
- Facilitate, develop and maintain physical fitness
- Prepare and encourage students to practice skills and be active for a lifetime

We invite you to visit our physical education classes and see your children participating in developmentally appropriate activities that will help increase their physical competence, self-esteem and joy of being active- whatever their physical abilities may be! We welcome your support and input and encourage you to be an active family! Please help your kids remember to bring their tennis shoes on days when they have PE and thanks very much for your interest and support.

Char Wentzell

Jill Colburn

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