



Riggs Elementary P.E. Newsletter



Meet Stacy Brasel and DeeDee Swank

Welcome to a new school year! My name is Stacy Brasel and I will be your child's Physical Education teacher at Riggs Elementary. Once again, Mrs. Swank will be joining us for morning PE classes. We both are excited for the new school year and to keep Physical Education fun. We hope to instill a lifelong love for exercise and fitness.

What P.E. Can Offer

The class environment for your child will be safe and non-threatening. It will also provide opportunities for everyone to be successful. Physical Education courses offer the chance for children to develop habits for lifetime fitness and health. Research indicates that students who receive quality Physical Education experiences during the day participate in more physical activities after school.



Medical Excuses

It is understandable that injuries and illnesses happen. If your child is unable to participate, please send a written note with:

- child's name, date, reason, estimated length of time, and your signature.



When is P.E.?

Your child will receive Physical Education class for 30 min, 2 times every 6 days. He/she will be sent home with a calendar that will indicate which days he/she has P.E. all year long. Please have your child *dress appropriately* on P.E. days!

**Tennis Shoes Tennis Shoes
Tennis Shoes!!!**

Fun Activities

Some events your child will have the opportunity to participate in during the upcoming school year will be a Jingle Jog, Dodgeball Tournament (1st-6th), Boosterthon and Jump Rope for Heart. Starting in late October, your child will also have the opportunity to join the Riggs Running Club. This is a great way for your child to get extra physical activity in a positive and encouraging environment.

Dress for SUCCESS or you will NOT play!

To be successful and safe in Physical Education class, it is important that your child wears the proper Tennis shoes on P.E. days. For safety reasons, they will not be able to participate if they are wearing sandals, high heels, crocs or boots.