



PROGRAM DESCRIPTION

Students in grades 1-4 attend PHYSICAL EDUCATION CLASS two times a week for 30 minutes each. Kindergarten students meet one time a week. Each student is given a chance to develop skills at his or her own pace, often while working with equipment. Cooperative learning experiences are utilized for social development. Students are instructed in the “how’s” and “why’s” of motor movement, benefits of an active lifestyle, as well as physical fitness and health-wellness concepts. The Cedar Grove-Belgium PHYSICAL EDUCATION program is based upon developmental, age-appropriate, sequential instruction. Every child is a WINNER.

MEDICAL EXCUSES



Regular participation in PHYSICAL EDUCATION is required unless your child is excused by a doctor for health reasons. If your child is temporarily disabled and unable to participate, please send a note with the date and reason for the excuse. Please remember-sometimes the students can be allowed to participate in a limited way or may be feeling better by the time P.E. class meets.