

Welcome to Cedar Grove/Belgium Elementary Physical Education

I hope you and your families enjoyed the summer and were able to participate in some exciting outdoor activities. Mrs. Mundt and myself (Mrs. Albright) are thrilled to be back teaching. We are excited about introducing the 3rd and 4th graders to our new snowshoe unit. Fourth graders will also be participating in Hoops for Heart unit. Also get ready for the Movin' and Munchin' calendars

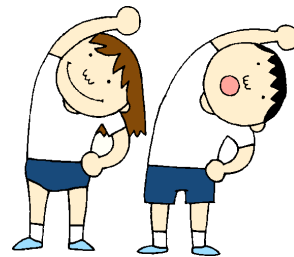
The physical education program provides students with physical education class for 30 minutes two times per week, objectives for the students are:

1. to achieve and maintain healthy level of physical fitness
2. to understand that physical activity provide the opportunity for enjoyment, challenge, self-expression, and social interactions
3. to apply movement concepts and principles to the learning and development of motor skills



Mrs. Mundt and I will provide monthly newsletters on our PE web page that will provide you with insight as to what is happening in PE.

Two times a year the PE department will test your child on cardiovascular fitness, abdominal strength, arm strength and flexibility. We are looking for improvement over these few years.



If you have any questions about the content of the program or the progress of your child don't hesitate to contact Mrs. Mundt or myself. Also, we would appreciate your help by sending your child to school in appropriate dress on PE days (sneakers/comfortable clothing). Thanks and we wish you and your child an enjoyable and exciting year.