

Valley Ridge Academy Elementary Physical Education

Dear Parents,

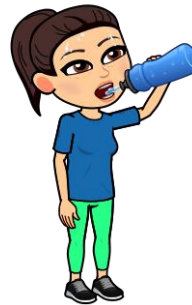
We are looking forward to providing your child with an exciting and rewarding physical education program. The P. E. classes will prove to be an integral phase in their physical and social development. We take pride in our program and are committed to giving the students the best instruction possible.

The aim of the physical education program at Valley Ridge Academy is ***to develop and improve students' personal fitness and motor skills by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction.*** By incorporating challenging yet achievable tasks, the students will attain positive attitudes about physical activity and movement.

Your child's locomotor movement, manipulative skills, personal behavior, and fitness level will be monitored and assessed throughout the school year. The **Fitnessgram** test has recently been adopted by the Florida Department of Education and allows all students (1st to 5th Grade) be assessed sometime during the school year. A detailed **Fitnessgram** report will be sent home at the end of the year for all 2nd, 3rd, 4th and 5th grade students. Check out my website for more information regarding **Fitnessgram**.

Every child is expected to participate to the best of their ability each day they attend class. There are days however, when illness or injury may inhibit your child's ability to participate. If so, please send a note with your child, with a brief description regarding the nature of the restriction. If the condition restricts activity for more than 5 consecutive days, a doctor's note will be required.

We are concerned about your child's safety and for that reason; we ask that they wear athletic or running type shoes. Shoes with heels, boots or sandals (such as crocs) make it difficult for children to participate safely. We strongly encourage students to wear socks with their shoes and girls that choose to wear dresses or skirts should wear shorts underneath their clothing.
Please send your child to school with a water bottle!



If your child has any ongoing health concerns or restrictions that we need to be aware of, please send a detailed note with instructions for their class participation limitations.

The students will be assigned 2 set days of Physical Education each cycle based on a 7 Day, resource rotation. The classroom teachers will have schedules available to remind students of their P.E. resource days.

The information on this letter will be posted on my P. E Web Page for you to view anytime.
Thank you for your support, and I look forward to working with your child.

Coach Mahaven

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Elementary Physical Education Teacher

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Check out Coach Mahaven's

