

SEPTEMBER 2025

VIKING'S CORNER

LVES Physical Education Newsletter



SNEAK PEEK OF WHAT'S INSIDE:

- **WHATS
HAPPENING IN
PE**
- **PE ATTIRE**
- **EXCUSING CHILD
FROM PE**

PHYSICAL EDUCATION AT LVES

On behalf of Coach Lash and myself, Coach D, welcome to LVES P.E.! The philosophy of our program is to develop both the mind and body through movement. Physical Education plays an important role in your child's education that contributes to his/her growth and development. It is the goal to give your child a positive P.E. experience and to help make health and physical activity a lifelong habit. Your child will have experiences in individual, team, and group activities that emphasize participation, cooperation, and success through personal goals. We are so excited to be teaching your child this year and I know it will be a great year here in PE!

A key element that contributes to your child's success is following our Viking Principles, as well as wearing appropriate clothing (that follows school dress code) and footwear. Use the following guidelines to help you:

ATTIRE FOR P.E.

Appropriate Clothing

Girls will need to have shorts under their skirts/dresses. Comfortable clothes so your child can be successful in P.E.

Accessories

Sometimes students wear baseball caps, long necklaces, hoops or big dangly earrings, and hard, pointy cat-eared headbands. While some of those accessories may be appropriate for the classroom or recess, they are not appropriate for P.E. They may become a distraction, get stuck on the vests we use, break, or in the case of the hard metal/plastic cat-eared headbands, they could hurt someone. I recommend keeping the hard pointy cat-eared headband at home or please tell your child to not wear it to P.E.

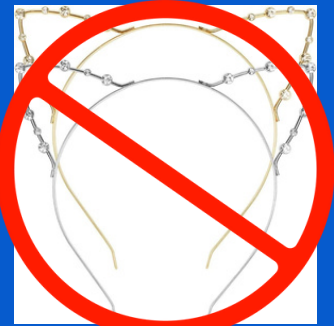
Appropriate Shoes

Rubber-soled athletic-type shoes. P.E. shoes should have laces, velcro or at the very least fit snugly so they do not come off. All shoes should cover the heel of the foot.

Inappropriate Shoes

Shoes with wheels/Crocs/Boots/Slip-on shoes/Flip Flops/Shoes with heels

If you would like to send an extra pair of shoes for your child to change into for PE and then change out of, I will definitely permit and encourage that.



EXCUSING CHILD FROM P.E.

There are many times throughout the school year when students ask me to be excused from class participation. I often get this request multiple times throughout the day depending on the activity. The most common excuses, by far, are aches, illnesses, and injuries that happened before PE class that day. There are other excuses given at various times, but all of these require me to make a decision: to excuse the student or to not excuse the student.

To help make me this decision if your child asks to be excused from physical activity before school (and you believe that your child does need it) I ask you please to send a note with them to school or email me. If you can, please specify why your child needs to be excused and for how long. It is the easiest and fastest way for me to help your child. I am not able to check my email (or really answer unexpected phone calls) until after all of my classes are done.

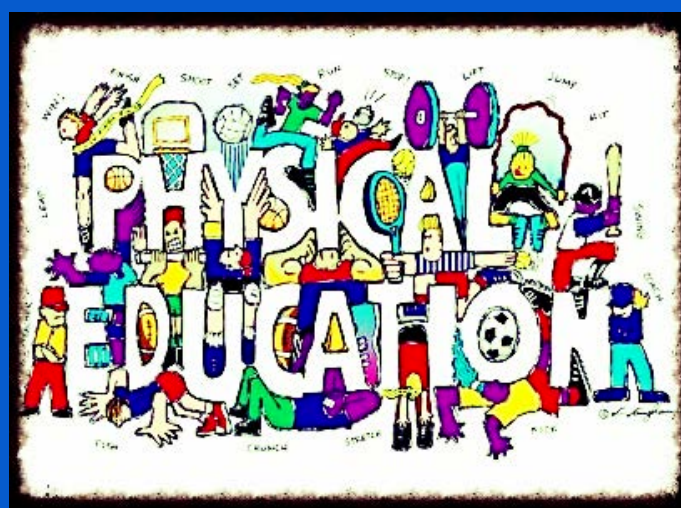
If your child needs to be excused from physical activity for a longer period of time (**more than 2 PE classes**) I am required to ask for a doctor's note. Then if your child is released from their doctor and is able to participate in physical activity again, I will need a note from the doctor releasing him/her. All of these steps are here to ensure your child's safety and well being. If you have any questions or concerns please contact me.

Units Covered this 9 weeks:

1. Rolling

2. Underhand Throw

3. Overhand Throw



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