

# Jordan Bank Health and Physical Education

## Physical Education Class

Held one time per week based on your child's classroom special schedule

To help your child be successful, please follow our guidelines:

- **Gym Shoes**

Your child will need gym shoes (sneakers, tennis shoes that tie or velcro) to participate in activities. They must have a flat bottom (no heel) and the foot must be fully covered. Sandals, Crocs, clogs, dress shoes, boots and any heeled shoes are not appropriate for class. Students are welcome to keep an extra pair of sneakers in their backpack as a backup if they forget to wear sneakers on PE day.

- **Parent Notes**

If your child needs to be excused from Physical Education (1 time excuse), please provide a signed parent note explaining:

-Why your child can not participate

-Please provide a doctor's note if the excuse will be a recurring problem

- **Doctor's Notes**

If your child needs to be excused from Physical Education (more than 1 time), please provide a doctor's note explaining:

- Why your child can not participate

- And a date when your child will be able to rejoin participation in class

We will cover a wide variety of movement and sport related physical skills during PE class this year.



## Health Class

Held on Monday's based on your child's classroom special schedule.

We will cover healthy habits, healthy hygiene, drugs and alcohol, MyPlate, body systems and safety practices during Health class this year.



## Contact Information

Teacher: Mrs. Mollie Steigerwalt  
msteigerwalt@oxfordasd.org