

# PHYSICAL & HEALTH EDUCATION & OUTDOOR EDUCATION

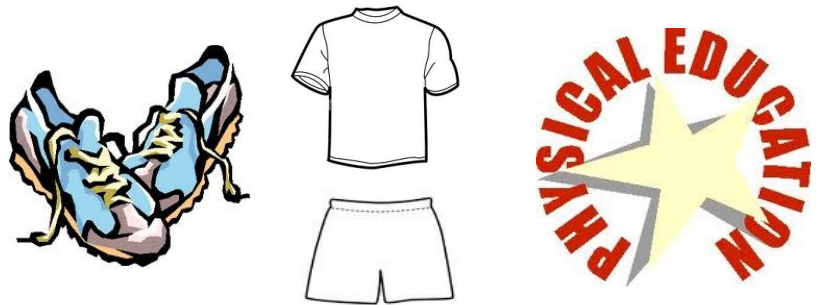
*“For children, it’s important to begin a regular routine of healthy exercise as early as possible to help them perform at their best. However, such activity is a means of improving more than just the body through building muscle strength and endurance. In fact, many studies are now showing that children who are physically active also perform better in the classroom”*

*Physical Education & Wellness - SPARK*

## ***PHYSICAL EDUCATION IS IMPORTANT!!***

### **St. Patrick Elementary Physical Education Teachers**

- Ms. Rose
- Ms. Clarke
- Ms. Macro



### **Dressing for Phys. Ed**

The importance of wearing appropriate clothing for physical activity is vital for the students’ hygiene and comfort during physical activity. Parents must consider students will be physically active the entire time they have P.E. and OE. On the day your child has P.E., they are **expected** to wear a **short sleeve t-shirt, running shoes, shorts or track pants/jogging pants/tights**. Jeans and cargo pants are not breathable and it is difficult to move comfortably in a skirt. Crocs, ballerina flats, sandals and skater shoes are not safe footwear, and may lead to ankle injury. Your child **needs** running shoes that tie up or have Velcro. *Please ensure that you practice tying your child’s running shoes if they have laces.* This will make their time in Phys. Ed much more enjoyable. We will also be outdoors at times for Outdoor Education (OE). Therefore, your child must be dressed appropriately for the weather. Please make sure your child has two pairs of running shoes; one for **indoor AND one for outdoor** as we want to keep our gym floor as clean as possible. Being dressed appropriately for P.E. & OE is part of your child’s overall mark. We thank you for your cooperation regarding this matter. If you have any questions, please do not hesitate to contact us at the school.

### **When does my child have P.E. & OE?**

*Your child’s homeroom teacher will provide a schedule for you (most likely in your child’s agenda). Depending on the unit we are covering, your child should always be prepared to be inside as well as prepared for outside whenever P.E. and OE are marked in their schedule.*