

## Health/Physical Education Overview, Expectations

The Health/Physical Education program at Sagamore Hills Elementary is based on national standards which provide fitness and proficiency opportunities in all areas of Health and Physical Education. All activities help the student sequentially become proficient. National standards recommend at least 60 minutes of exercise each day. Since this is not possible during a normal school day it is important to have your child get this exercise time somewhere other than at school. As we know the summer is a great opportunity to exceed this requirement for activity. There are many summer opportunities available: camps, sports, nature trail walks, bike riding, running, and the YMCA are just a few. Any activity with your child will be of value for their overall success.

Our activity schedule is available if you would like a copy, as well as the national standards for each grade level.

Being prepared to participate is also important. Proper clothing and shoes are a must to be successful. Proper instruction and safety is emphasized to ensure your child has a fun and meaningful experience in Health/Physical Education class.