

News From The Gymnasium

Physical Education: Believe In It!

Dear Students and Family Members,

Our school Physical Education Program recognizes and values individual abilities and provides maximum opportunities for all students to develop their full potential regardless of physical or mental differences. Through Physical Education, the student should have FUN while developing positive habits and attitudes for healthy living.

I will be providing a variety of activities from resources provided from OPEN (Online Physical Education Network), Spark PE, The PE Specialist, American Heart Association, GoNoodle, and much more.

To keep your child safe, your child will need gym shoes to participate in the activities. They must have a flat bottom (no heels) and the foot must be fully secured with laces, velcro, or toggles. Sandals, Crocs, clogs, dress shoes, and boots are not appropriate for physical education class.

If a student is to be excused from class due to illness or injury, please message me on Schoology or send me an email at mrice@mail.kana.k12.wv.us.