

September 2020

Dear North Hero Families;

My aim of the **Physical Education** program at North Hero School is to develop and improve students' personal fitness and motor skills by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction which will be aligned with the [SHAPE America's National Physical Education Standards](#).

By incorporating challenging yet achievable tasks, the students will attain positive attitudes about physical activity, movement, and the knowledge, skills, and confidence to enjoy a lifetime of physical activity. I take pride in teaching your child and am committed to giving her/him the best instruction possible two days/week, both in school and remotely.

Every child is expected to participate to the best of their ability. Yes, it is going to look different this school year, but let me reassure you, I will be following the [GISU Strong and Healthy Level 2 Reopening Plan](#) and implementing safe and healthy procedures in Physical Education Class based on the [SHAPE America's School Re-entry Considerations](#).

Your child will be wearing a mask to PE. At the appropriate times when we can social distance ourselves during activity, students will be permitted to remove their masks with adult direction. My intention is to have PE class outside every day; therefore, it is very important that your child dress for the weather - pack extra layers including extra socks for those wet feet on PE days. And lastly, I ask that athletic or running type shoes are worn in PE class. Shoes with heels, boots or sandals (such as crocs) make it difficult for children to participate safely. I strongly encourage students to wear loose fitting clothes on PE days, socks with their shoes, and girls that choose to wear dresses or skirts should wear shorts underneath their clothing.

**2020-2021 Physical Education Class Schedule – two classes/week**

**COHORT A**

PE Class #1 – in school learning on *Thursdays*  
(refer to your class schedule for PE time)

PE Class #2 – remote learning  
(refer to your PE Google classroom)

**COHORT B**

PE Class #1 - in school learning on *Fridays*  
(refer to your class schedule for PE time)

PE Class #2 – remote learning  
(refer to your PE Google classroom)

\*\*For those of you who have chosen to be fully remote, please refer to your **PE Google Classroom** for your weekly assignments.

I am looking forward to providing your child with an exciting and rewarding physical education program. If you have any questions or concerns, please don't hesitate to contact me. I am in the North Hero School building Mondays, Tuesdays, Thursdays, & Fridays or you can email [blarvey@gisu.org](mailto:blarvey@gisu.org). Thank you for your support.

Stay Well.

Mrs. Larvey  
Physical Education Teacher  
North Hero School

**BE SAFE**

**BE RESPONSIBLE**

**BE RESPECTFUL**