

Updated August 7, 2008

Welcome back to another fun-filled school year! My name is Tim Hall and I am the Kindergarten through 5<sup>th</sup> Grade Physical Education teacher. The purpose of the Physical Education program at Tucson Country Day School is to encourage life-long physical fitness and a healthy lifestyle. This goal will be accomplished by giving students the opportunity to participate in a wide variety of skills, games, and activities.

Throughout the year we will be practicing and improving a number of skills, from movement (hopping and skipping, for example) to coordination (throwing, catching, and kicking). We will also perform an assortment of stretches and exercises each period that will help improve their level of physical fitness. Games will be a large part of class as well. Students will play both cooperative and competitive games to use the skills they have learned, and to learn ways to enjoy physical activity.

This year, students will meet for Physical Education once a week. Kindergarten through 3<sup>rd</sup> grade students will meet for 40 minute periods, while 4<sup>th</sup> and 5<sup>th</sup> grade will meet for 50 minutes. Please be aware of when your child is going to have Physical Education, and make sure that they are dressed appropriately for physical activities (proper shoes, for example), as well as a water bottle to help them stay hydrated.

I am very excited to start the school year, and am looking forward to a fun, healthy, and successful school year!

Sincerely

Mr. Hall

