Student Name (1st and last) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian name **AND Signature**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade (6th, 7th, or 8th) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mrs. Engst PE assignment for 1st quarter **( Students: Please see back of this page for your assignment)**

**Note to parents/guardians:** We have been working hard on getting ourselves organized and physically active in PE class this school year. Our goal is to improve each student’s individual fitness level, create an environment of lifetime fitness and its importance to our health, and incorporate character development in the areas of responsibility, respect, cooperation, teamwork, encouragement, and overall sportsmanship. I would like to solicit your help in working as a partnership between school and home. I will ask students to share with you what activities and concepts we are participating in during class. Please don’t hesitate to inquire with them as well.

During the 1st 9 weeks of the school year students in my classes will be active in the following units: flag football, recreational games such as handball and ultimate Frisbee, and pickleball/net games. During each week we will also engage in fitness related activities, which will work on all areas of fitness including cardiovascular, strength, and flexibility. At the culmination of the 9 weeks we will be measuring student’s fitness levels utilizing the Fitness Gram test.

If during the school year you have any questions and/or concerns please do not hesitate to contact me. My school e-mail is: [engstm@district87.org](mailto:engstm@district87.org)

I look forward to working with you and your child.

Michelle Engst

BJHS physical education and health education instructor

MS in Education

**Student’s Assignment choices:** You are required to select just **one (1)** of the following assignments to complete.Once you complete your assignment, ask your parent/guardian to sign the top of your paper and discuss it with you.

**Assignments are due on or before: October 15th , 2016**

* Write a 2 paragraph (minimum of 5 sentences for each paragraph) paper outlining and explaining goals you have for yourself in PE class this school year.
* Write a 2 paragraph (minimum of 5 sentences for each paragraph) paper explaining the importance of character development (being responsible, respectful, cooperating, using teamwork, encouraging others, using good sportsmanship, etc.) in PE class.
* Write a 2 paragraph (minimum of 5 sentences for each paragraph) paper about a physical activity that you currently participate in or have previously participated in with one of your family members (this could be as simple as you go for walks with a family member, or you go to the tennis courts with a family member for a friendly game of tennis, or you practice soccer in the back yard or park with a family member etc. or could be more complex such as you participated in a triathlon with a family member, or a 5k with a family member, etc.)