



GALA Physical Education Department



Dear GALA Families,

I am looking forward to providing your child with an exciting and rewarding physical education program VIRTUALLY this year! The P. E. classes will prove to be an integral phase in their physical and social development. We take pride in our program and are committed to giving the students the best instruction possible.

The aim of the physical education program at GALA is ***to develop and improve students' personal fitness and motor skills by providing developmentally appropriate activities through purposeful, creative and enjoyable instruction.*** By incorporating challenging yet achievable tasks, the students will attain positive attitudes about physical activity and movement.

Schedule

Your child will have physical education every other week depending on the grade he or she is in.

LIVE workout sessions will be on students scheduled Friday at 10am.
Reminders will be sent out in your child's PE Stream.

Expectations

Every child is expected to participate to the best of their ability. This will include turning in PE assignments and/or participating in LIVE workout sessions.

Students should prepare for physical education as they would in normal school setting. This includes dressing appropriately and clearing an open space for physical activity.

Students are expected to be ready, responsible, and respectful to themselves, the teacher, and each other at all times.

Assignments:

Each week students are able attend a LIVE session with Ms. J on their scheduled Friday ***OR*** students may choose to do an assignment from the PE CHOICE board.

The link for the PE CHOICE board will be in your child's PE stream in google classroom under PE and the ZOOM meeting link will be on your child's Google Classroom calendar.

If students does not attend the LIVE workout session they will have a full week to turn in an assignment from the PE CHOICE Board.

Students are also able to attend the LIVE workout session and turn in an assignment from the PE CHOICE Board. Required assignments and LIVE Sessions for PE may change throughout the year and updates will be provided.

Thank you for your support, and I look forward to working with your child. If you have any questions feel free to reach out to me at Ljasica@galacleveland.org.

Sincerely,

Ms. J

