

November 23, 2017

Hello Memorial Spaulding Families,

We would like to invite you to Memorial Spaulding's Fitness Peek Week. This is a time for families to see what their children are learning in Physical Education and how hard they are working on their FITNESS levels. Come join the fun by participating in a variety of fitness stations during your child's P.E. time. We encourage families to bring workout gear to exercise with their children. If you are coming from work, no worries!

Throughout the fitness unit, students learn about the 5 Components of Fitness, which include; Cardiovascular Endurance, Muscular Strength, Body Composition, Flexibility and Muscular Endurance. Grades 3-5 have created personal fitness goals, while grades K-2 are using a variety of exercise equipment for the first time. During the fitness unit, we also talk about incorporating exercise and healthy eating into your daily life, which will allow you to live long-healthy lives.

We are so proud of the effort all of the students put into reaching their goals and the energy they exert on each fitness station, I know you will be too!

WHAT: FITNESS PEEK WEEK

WHEN: December 18th-22nd, 2017 (During your child's PE time)

WHERE: IN THE GYMNASIUM

We hope to see you there!



Sincerely,
Shannon Komow, Nick Wong and Nick Hewitt