

# KENAI MIDDLE SCHOOL

## PE DEPARTMENT



Dear Kenai Middle School Parent:

Welcome to the Physical Education department, here at Kenai Middle School! We hope that you have had a wonderful and active summer.

We believe that physical education is an important part of your child's health and total middle school education. We strive to provide a fun and positive experience for all students while developing fitness, coordination, team and individual sport skills.

All P.E. students are required to bring a pair of non-marking, supportive, lace-up type tennis shoes to keep in their gym locker. **Please NO skater-type shoes that are loose and non-supportive!!** Both the boys and the girls will be wearing uniforms. The cost of a girl's uniform will be \$20.00, which includes a t-shirt and shorts. The cost of a boy's uniform will be \$25.00, which includes a reversible tank top and shorts. **The uniform money will not be collected until school starts.** All students are required to purchase and wear the school PE uniform. We are planning on swimming with the 6<sup>th</sup> grade classes during the month of September at KCHS. Please have your swimsuit ready by that time.

The physical education activities that we offer here at KMS are: fitness development and CrossFit style workouts, basketball, volleyball, wrestling, badminton, flag football, soccer, jump rope, archery, floor hockey, softball, juggling, dance, inline skating, weight room, bike riding, and other assorted team games.

We will look forward to having your child actively participating in our program! Your help with the caring and cleaning of their uniform on a weekly basis is appreciated. Also, please help your child make healthy food choices and see that they get 30-60 minutes of exercise per day so their health and stamina will be at an optimal level for success in school!

Thank you for your time and support throughout the coming school year. If you have any questions, or medical concerns, please feel free to call the school office at 283-1700, or reach us by email.

Sincerely,

Physical Education Department,  
Kenai Middle School