

# KENAI MIDDLE SCHOOL

Kenai Peninsula Borough School District  
201 Tinker Lane, Kenai, Alaska 99611  
*PHONE: (907) 283-1700*  
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## Physical Education Department

Dear Kenai Middle School Parent:

Welcome to the Physical Education department, we hope that you have had a wonderful and active summer.

We believe that physical education is an important part of your child's 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 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. Uniforms can be purchased online only prior to the start of school. 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: CrossFit style workouts, basketball, volleyball, wrestling, badminton, flag football, soccer, jump rope, archery, floor hockey, softball, juggling, dance, inline skating, track events, 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 good 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,

Mrs. Cathy Zorbas, Mr. LeClair, & Mrs. Tracie Beck