



Dear East Parents,

We would like to inform you about one of our newer initiatives we are trying again this year in the East Physical Education program. One of our goals is to improve cardiovascular and muscular endurance for all students by helping them strive to achieve 60 minutes of physical activity a day. Though many students participate in programs that allow them to get plenty of activity time outside of school,

Our “Fitness Calendar” is an optional, after school, home based fitness challenge for children who wish to find fun ways to be active outside of our physical education classes. The purpose of the fitness calendar is to encourage family fun, target different areas of physical fitness, and understand the elements of a good workout. It is important to always warm-up before and cool down after any good workout and allow for periods of strength building and rest during the week.

Students who elect to participate will be challenged to complete the monthly calendar by checking off the boxes on each day of the week. These students will have to identify the type of fitness of the day (strength, cardiovascular endurance, flexibility, rest & recovery) and complete the “must do” activity (highlighted) followed by two activities of their choice listed on the bottom of the fitness calendar. When a monthly calendar is complete, they may be turned in to Mr. Brooks or Mr. Monahan. We will highlight all students who take the initiative to be active outside of class by recognizing them on our East Fit Kids Wall. Please feel free to send in your calendars with pictures of ways that your family stays active so we can share them on our East Family Fitness Board.

This calendar can also be found digitally on our *Physical Education Website*. The link to the website can be found at:  
[http://ee.sharon.k12.ma.us/pages/SPS\\_EastES/7100211820806025186/East\\_Specialists/East\\_P\\_E\\_Page](http://ee.sharon.k12.ma.us/pages/SPS_EastES/7100211820806025186/East_Specialists/East_P_E_Page)

Our website can also be found by going to the East Elementary School website, click on Faculty and Staff, then click on East Specialists, and then click on “Welcome to East Physical Education”. This can be a helpful resource to you in keeping up to date with your child’s P.E. program as it contains upcoming units, frequently asked questions, our teaching philosophy, links to other health related websites, fitness standards, rules and expectations, newsletters, slideshows, and our P.E. curriculum. Thanks for your continued support.

Mr. Brooks & Mr. Monahan  
East P.E. Staff

