



REAGAN ELEMENTARY PHYSICAL EDUCATION



Welcome Everyone,

My name is Paul Trimmel and I am the Physical Education teacher at Reagan Elementary. It is my goal to help students start a foundation for a lifetime of physical activity. I plan to do this by exposing students to a wide variety of games and activities while stressing the importance of physical activity and healthy habits. I will also share with students and their families any interesting information regarding physical education that I come across. I am very excited for this school year. Please call or email me if you have any questions or concerns. I look forward to meeting you. Also, follow me on Twitter @MrTrimmel.

Here are a few important things to remember...

1. All students must have mud free athletic shoes on to participate. Please make sure your child's shoes fit properly and have athletic soles. Too tight, too loose, too high, and too little support can cause major problems to your child's feet. We do a lot of running and side to side movement, so it is important that a shoe is supportive of the foot.
2. Jewelry should be left at home when your child has PE. Jewelry can become broken or cause injury to your child or others. Earrings can get pulled out, necklaces can chip teeth, and rings can scratch others if jewelry is worn.
3. Shorts must be worn under skirts or dresses to participate in activities.
4. If your child has long hair, please send a hair tie with him/her on days of PE. Many times long hair will get into faces while participating in games and activities, impairing the child's vision. Even worse, hair can get stuck underneath scooters. A suggestion is that your child's hair is pulled back on days of PE.
5. Make sure your child wears appropriate clothes to PE. Clothing that is considered "dress" might get dirty or ripped. "Dress" clothes might also hinder a student from doing his/her best. By ensuring that your child is dressed appropriately eliminates the possibility of him/her ruining his/her good clothes.

Thank you in advance for your help in getting your child prepared for physical education.

Sincerely,

Paul Trimmel

Reagan Elementary Physical Education

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