

To: Parents of 3rd/4th Grade students at BCS

From: Physical Education Staff (Mr. Johansson, Mrs. Kelmigian)

We would like to welcome everyone back from summer vacation. This handout will give you an explanation of the Physical Education program at BCS.

The school year is divided into four marking periods of approximately 10 weeks. Every 3rd and 4th grade student attends physical education class two times per week for 45 minutes. During each of these marking periods, every student is in the pool 4-5 weeks and in the gym (or outside) for 4-5 weeks.

Mr. Johansson teaches children in the pool. After evaluating all of the students' entry skills, he will work with the children individually and in groups. The Front Crawl, Back Crawl and Breaststroke will be taught. Emphasis will be on proper technique; breathing, arms, kick, and coordination. A variety of games that support the skills being taught and an occasional "free swim" round out the pool time.

To participate in the pool, students MUST bring their suit and a towel. We have locker rooms for changing, but no provisions to leave "things" overnight. The students will need a gym or plastic bag to get their "things" back and forth. Please check the schedule to see when your child will be in the pool. All suits and towels should be labeled with the student's first and last name.

We have been very fortunate in the past to be able to enlist a core of volunteer Moms to help supervise in the girls' locker room at the beginning and ending of swim classes, as well as being an extra pair of eyes in the pool area. Check your child's swim schedule, and if you are available, please contact your child's room mom who will coordinate the rotation.

While in the gym, Mrs. Kelmigian leads the classes through the award winning Birmingham Physical Education curriculum. This program provides for skill instruction and development, fitness activities and measurement, and game participation that supports the skills being presented at a level the students can enjoy.

To participate in the gym, a student MUST be wearing appropriate athletic shoes.

If you should have any questions, please do not hesitate to contact us at:

Mrs. Kelmigian: 203-4477, voice mail 50339, email jk11bps@birmingham.k12.mi.us

Mr. Johansson: 203-4476, email wj01bps@birmingham.k12.mi.us