Hello 8th Grade Parents/Guardians!
This newsletter will explore why Physical Education is an essential part of your child’s education. Our physical education team at Otter Lake Middle School is here to get your attention! We want to explain the goals of our Physical Education program and its impact on self-esteem and confidence. Your encouragement will improve your child’s activity time and benefit their health and wellness for the rest of their lives. Our Physical Education team hopes that based on the information provided in this newsletter, you will value our Physical Education mission and program goals as much as the staff at Otter Lake Middle School does.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.
~ John F. Kennedy

WHY WE NEED TO INCREASE PHYSICAL EDUCATION…

One survey shows that the majority of adults (84%) with children ages 6-17 have a positive perception about their child’s physical education classes (NASPE, 2005, online). “It is the unique role of a quality physical education program to help all students develop health-related fitness, physical competence, cognitive understanding, and positive attitudes about physical activity so that they can adopt healthy and physically active lifestyles” (AAHPERD, 2005, online). According to the National Association for Sport and Physical Education (NASPE), students in middle school should get 225 minutes of physical education per week. Although our curriculum does not yet meet this standard, this is a goal we are working toward in our physical education curriculum at Otter Lake Middle School. Minnesota does not yet have state standards for physical education, so we rely on the National Standards for Physical Education. The National Standards provide a framework for developing realistic and achievable expectations for student performance at every grade level (NASPE, 2005, online). Our Physical Education team believes in the overall goal of the National Standards, that every child in physical education will become physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity (NASPE, 2005, online).
HOW CAN PHYSICAL EDUCATION HELP TO BUILD SELF ESTEEM & CONFIDENCE?

1. Students will have positive social interactions and learn cooperative skills through physical activity participation.

2. Students will understand that in class they need to work to improve and maintain their physical well-being.

3. All students will be given positive constructive feedback while participating in class.

4. An increase in skill development will improve a child’s confidence.

5. Students will participate in coeducational classes and receive equal amounts of feedback.

6. Teachers will use methods that keep students actively engaged throughout the whole class period.

7. Teachers will create and promote a sense of pride, teamwork and confidence for all students.

8. Build confidence with each individual and promote team work to eliminate judgments.

9. Support and encouragement from family members.

10. Teachers will, support the students mind to further them in making good choices.

(KidsHealth, 2005, online; NASE, 2005, online)

7th grade students participated in our new archery unit this past October. Throughout this 10 day unit, students improved their skill development immensely. The students participating in this unit were able to work together in groups to analyze each other’s skill development and give each other positive feedback, a skill we work on daily.

INTERESTING FACT

Nearly three-fourths of all parents believe that physical activity and physical education will support learning in other subject areas, such as math, reading or science. (NASPE, 2005)

Next month in the PE portion of, The Otter, we will feature our proposal for our brand new PE curriculum here at Otter Lake Middle School. Please check it out and give us your feedback! Thank you for all of your support with our program!

Feel free to contact us with any questions and/or comments you have regarding and Physical Education program.

Thank you,
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