

Welcome to Mr. Henning's PE Class – Monmouth Junction School



Dear Parents/Guardians,

I am very pleased to welcome you and your children to the new school year. For those of you that do not know, my name is Robert Henning and I am the physical education (PE) teacher here at Monmouth Junction. I know this will be a fun year, and I am very excited for the opportunity to work with you and your child(ren) to ensure that we have another fun successful year.

At the beginning of every year there are a few policies of note that I like to bring to your attention:

1. On the days that your son/daughter has PE, it is required that he/she wear sneakers, preferably with laces or velcro straps. This will enable them to move without concerns of injury while performing in class. Any student wearing boots, sandals, flip-flops, or crocs will not be able to participate in the day's events.
2. On the days that your child attends PE we also advise that he/she come dressed in clothing that will allow them to move freely throughout the gym. Mobility is important when it comes to executing a lot of the skills they will be asked to perform.
3. If your son or daughter becomes ill or sustains an injury that will require him/her to miss PE for an extended period of time (more than 2 consecutive classes), it is important that parents send in a note that states the date he or she can return to activity. This note can go to myself or directly to the school nurse, Mrs. Kramer.

The following is a list of activities that will be covered in this year's physical education curriculum:

- Development of Motor Skills – Fine and Gross Motor
- Lifetime Fitness Activities
- Locomotor Skills
- Cooperative Games
- Team Building Activities
- Hand-Eye Coordination – Catching / Striking (with or w/out an implement)
- Foot-Eye Coordination – Kicking / Trapping
- Manipulative Skills
- Dance
- Gymnastics
- Individual and/or Dual Sports
- Team Sports - with an emphasis on skill development, rules and strategies, cooperation, and teamwork

Finally, toward the end of the school year we will have our annual Field Day. As the spring approaches you will receive information about the possibility of volunteering for this event. Any help that you can provide for this event would be greatly appreciated. It should be a great day for all, and I am looking forward to working with you and your child up until, and through this point in the year.

If you have any questions or concerns throughout the year please feel free to email me at Robert.Henning@sbschools.org.

Robert Henning
Monmouth Junction PE Department