

Welcome Letter to Parents/Students

Welcome back everyone for a new and fun filled year of physical education. Each year physical education will be a little different and this year will be better than ever. We will continue having PE all year, having it twice a week one semester and three times a week the other semester. One day a week of aerobic training and agility drills, one day a week of muscle training and fitness, and one day a week of a sport that we will play in units. For the first time ever at TCDS we will be trying gender separated PE in a couple of the classes. My reasoning for this is to increase the comfort level amongst class members so that they are truly able to challenge themselves physically while limiting distractions.



This year we will be doing many plyometric exercises to build strength and speed. We will also learn about how to measure our heart rate and how we can use that information to determine what kind of work out we are getting and what kind of workout we should be getting. We will figure our target heart rate zone for each individual. We will be doing fitness testing at the beginning and end of the semester so we can see progress we have made through out the semester. My hope is every student will be motivated to live an active lifestyle on their own merit.

Students will be required to dress out in the schools PE uniform as usual. You must come to class prepared. This means shirts as well as shorts and tennis shoes (with laces that tie!!!). You are allowed 3 dress cuts per quarter. After the third you will receive an after school detention and the same for each additional dress cut until the new quarter. PE uniforms will be handed out the first week of school and are paid for in your middle school curriculum fee. Additional uniforms can be purchased at the student store.

Don't forget if you are working hard and challenging yourself your name will go up on the..... BEAST BOARD!

I am looking forward to a fun, fitness-filled year with you all! See you soon!

Mr. Rubin