



Will Carleton Academy

2001 W. Hallett Rd, Hillsdale, MI 49242 • 517-437-2000 • WillCarletonAcademy.com • Tuition-Free K-12

July 2018

Dear Will Carleton Academy Families,

With school fast approaching, I hope you and your family have been enjoying your summer. We sure have had many HOT days. I am very excited to be back in the gym teaching Physical Education and Health this year. I started teaching P.E. at WCA in 2000. In 2006, I became a stay at home mom for a year before returning to WCA as a Dedicated Aide. I am looking forward to teaching each student the importance of physical activity and proper health.

To start the school year classes will begin with the following:

Kindergarten – 2rd grade

- Proper technique and safety of calisthenics
- Locomotor skills – hopping, skipping, galloping, etc.
- Throwing and catching

3rd – H.S.

- Physical Fitness Testing; which will test muscular strength, muscular endurance, cardiovascular endurance and flexibility.
- Flag football

All students need to come to P.E. prepared each day. All students will need to have:

- Proper running shoes
- NO jewelry is allowed for safety reasons
- ALL girls must wear shorts under their jumper/skirts.

7th-H.S. students will need to purchase at P.E. uniform if they do not already have one. Order forms will be given out the first day of class to those students needing a uniform.

Each student's P.E. responsibilities:

1. Participation
2. Sportsmanship
3. Teamwork
4. Effort
5. Always have FUN

Again, I am very excited to be working with each student. Enjoy the rest of your summer and I will see you August 22nd.

Renee Arnold

