



February 27, 2025

Dear Parents/Guardians,

We will be starting our gymnastics unit in Physical Education & Wellness (PEW) as of Monday, March 3rd, 2025. Gymnastics will run until Spring Break (March 21, 2025). Gymnastics will take place during your child's regularly scheduled PE time.

Our learning goal is to provide an opportunity for students to experience various gymnastics movements focusing on balance, agility, flexibility, and stamina. We encourage students to participate at their level of comfort, to climb as high as they feel safe, and to only attempt movements they can do confidently. All students are at different levels so there is no expectation that any student performs anything beyond their skill level.

Progression of skills:

Mats: Basic skill acquisitions such as poses, balancing, jumping, landing, and exploring a variety of ways to move.

Low-level equipment: Continue developing previous skills through the addition of equipment as well as learning how to use the equipment safely.

Traversing Wall: Adding new dimensions of movement using different apparatus and building on basic skills.

When participating in gymnastics over the month of March, we ask that students are dressed appropriately and prepared to participate by adhering to the following:

- Wear clothing that allows freedom of movement (no special uniforms or leotards are required – sweat-pants/leggings and a t-shirt work best).
- Well-fitting clothing is preferable instead of loose-fitting or baggy clothing as they may get caught on equipment when climbing.
- All jewelry that could get caught on equipment should be removed (please leave these items at home). e.g., watches, rings, necklaces, dangling or hoop earrings, etc. Tape will secure any items that cannot be removed.
- Students, regardless of gender, with long hair should have their hair tied back. Please send them with hair elastics or scrunchies.
- Students will have the option of participating in running shoes or barefoot. *Please do not wear footed tights.* Students with foot injuries or other health issues concerning their feet must wear running shoes. Please check your child's feet for any concerns.

Surfaces will be sanitized throughout the day to ensure a safe learning environment. If you have any questions, feel free to reach out.

Create Joy,
Ms. Amanda Collins