



Dear Parents / Guardians,

My name is Coach Ryan Adams. This will be my 20th year teaching P.E. at Willis Foreman. I will be teaching your child(ren) P.E. and health this school year. It is my belief that all students should have an equal opportunity for education and that everyone should be treated with respect. I will always strive to provide every student with balanced instructional activities that promote and develop motor skills, social skills rhythm, physical fitness, basic sports, athletic skills, teamwork, sportsmanship, and making wise choices that promote a healthy lifestyle. I believe that if your child is at school, he or she should participate in all P.E. and health classes. If your child is sick or injured and you feel that they cannot participate in PE class, please send a note so that I may excuse them. If an injury or illness is going to keep your child from participating in regular activities for an extended period of time, please let me know and I will find an alternative activity for them.

In order to achieve our P.E. standards and goals, students must come prepared for class and comfort, **it is mandatory that everyone wear tennis shoes/sneakers and girls that are wearing dresses or skirts should wear shorts underneath their dresses or skirts on the days in which they have P.E.** Students are not allowed to wear sandals, flip flops, dress shoes, boots, shoes with heels, or platform tennis shoes. Students are allowed to bring shoes to change into if necessary.

PE and Health grades will be comprised of the following.

80% Participation

10% Tests

10% Behavior

I look forward to thi