



Welcome to Ms. Leavitt's Physical Education Class!

Dear Parents and Guardians,

Welcome to Sequoia Physical Education! I am very excited to be sharing this school year with you and your child.

Before I tell you all about some of the exciting activities we will do in physical education this year, let me tell you a little bit about myself. This year is my 12th year of teaching and my 12th year at Sequoia Middle School (like the old saying goes, "time flies when you're having fun!"). I earned both my bachelors of science (in Kinesiology) and my teaching credential at Cal Poly, San Luis Obispo. I most recently earned my master's degree in Secondary Education: Curriculum and Instruction from California State University, Northridge. I enjoy being physically active and do so every chance I get. I also enjoy traveling, photography, live music, technology, and spending time with my four Chinese Shar-pei.

I feel very lucky to be a part of the physical education department at Sequoia! Our department is very dynamic and innovative and we strive to provide our students with a unique and challenging physical education experience. At Sequoia Middle School, the physical education department believes that:

- Physical Education is an integral part of education and contributes to the development of the individual through carefully planned movement and physical activity.
- The school, home, and community play significant roles during a student's life. In this interdependent situation, the student develops the skills needed for lifelong participation in physical activity.
- Physical Education contributes to the development of the whole person through physical activity that allows for the integration of the psychomotor, cognitive, and affective learning domains.
- Healthy lifestyles are promoted through high quality programs in health, physical education, recreation, dance, and sport.

These beliefs in addition to the Physical Education Model Content Standards (Adopted January 2005) and the Physical Education Curriculum Framework drive each unit of instruction and the lesson plan associated with each unit.

Everyday, your child will be engaged and challenged academically, emotionally, and physically! Some of the exciting ways I will do this is through the following units and activities:

- Leadership Unit
 - Discovering Fitness Unit
 - Martial Arts Unit
 - Swimming Unit
- The Duct Tape Challenge
 - Dance
 - Fencing
 - Mission Impossible

In closing, one of the most important things to note about your child's physical education experience is that it will most likely be very different from your experience in "PE" (unless you are an alumni of Sequoia!). I ask your support in this endeavor and also in promoting a healthy lifestyle for your child and your family!

I look forward to a healthy and productive year. Please feel free to contact me at any time in one of the following ways:

- via email- lleavitt@conejo.k12.ca.us
- via phone- (805) 498-3617, ext. 1506
- in person- feel free to set up an appointment with me as well

As you can see, we've got a lot to do... Let's get moving!
Healthfully,

Ms. Leavitt