

## TEMPLATE LETTER FROM PHYSICAL EDUCATION TEACHER TO STUDENTS' PARENTS/CAREGIVERS

Date

Dear (name of school) parents and caregivers,

I am excited to share with you that our school will be participating in **Bring PE to Your Family Week** from October 19-23 (PE teacher: feel free to modify the dates).

Daily physical activity has many benefits for kids, such as increasing their energy, focus, and readiness to learn and reducing stress and anxiety. Being active is always important, but never more than during COVID-19. Of course, physical activity has benefits for people of all ages, so helping my students' families be active together is one of my physical education goals.

(PE teacher: you could choose to include this language if you conducted Take Your Parent to PE Week last year) As you may remember, our school conducted Take Your Parent to PE Week last year, and (PE teacher: write something about your event). Due to the current pandemic, this year's event is designed to be enjoyed at home.

I hope that your family will participate together in one or more of your child's physical education lessons during Bring PE to Your Family Week. It will give you a better understanding of the teaching and learning that takes place in physical education, and you will experience firsthand the fun and engaging activities that are helping to keep your kid(s) healthy and active.

This is how it will work. (PE teacher: share information about how you will conduct the event including asking them to mark the days and times of their child's PE classes on their calendar and how to access the virtual class(es). If you are going to use any Online Physical Education Network (OPEN) lessons and resources designed for this event, they are here: <https://openphysed.org/familieslovepe>.)

The national sponsor of this event, Active Schools, hopes that you will share your family's experience on social media in words and photos – using the hashtag **#FamiliesLovePE**. (PE teacher: you may want to add a hashtag for your school.) Also, please take a minute to join the Active Schools movement at [www.activeschoolsus.org/join-the-movement](http://www.activeschoolsus.org/join-the-movement) because your influence as a parent is important for the support of physical education in our nation's schools.

I look forward to sharing physical education with your family during Bring PE to Your Family Week! (PE teacher: feel free to share information about any additional communication you may provide to them over the coming weeks, a link to a webpage where you have information for them about the event, etc.)

(Your name)