Dear Parents,

Welcome to Our Lady of the Wayside’s curriculum night. My name is Peggy Jones and I will be your child’s physical education/health teacher. I feel the physical education program is an integral part of your child’s school experience. My goal is to present a curriculum that is enriching and motivating to all students at all fitness and ability levels. I will encourage students to make good, life-long fitness choices, develop their physical skills and work together to build self-esteem and reach SMART, common goals. I incorporate a wide range of activities to increase cooperation, encouragement, and respect for other students. An emphasis is placed on effort and I stress the importance of a positive attitude and increasing self-confidence through hard work. I want my students to always be chasing excellence with a focus on being the best version of themselves on a daily basis.

Long Range Objectives

1. To encourage and assist each student in developing large and small motor movements.
2. To improve coordination, endurance, strength, flexibility, speed, agility, and fitness levels.
3. To instill qualities of faith, leadership, the ability to follow directions and listen efficiently.
4. To create and foster a positive “Christ Like” environment for optimal social and emotional growth, increase self-esteem and confidence.
5. To develop the ability to cooperate and work together to achieve common goals
6. To increase effort through creative and focused activities.
7. To promote an environment which leads to a healthy lifestyle.
8. To teach them, through physical fitness, the importance of hard work and believing in themselves.
9. TO HAVE FUN

It is a privilege for me to be teaching your child. I look forward to having a fun and successful year filled with lots of actives maximizing physical, social, emotional and spiritual growth. Attached you will find a copy of my expectations. Feel free to contact me at (847) 255-0050 or via email at [pjones@olwschool.org](mailto:pjones@olwschool.org) if you have any questions or concerns. I am looking forward to a GREAT year!

Sincerely,

Peggy Jones