*DRAFT LETTER FROM PHYSICAL EDUCATION TEACHER TO STUDENTS’ FAMILIES/CAREGIVERS*

Date

Dear (name of school) parents and caregivers,

I’m excited to share with you that our school will be participating in **Family PE Week** from October 4-8 *(PE teacher: feel free to modify the dates to meet the needs of your program)*.

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 Family PE Week last year, and *(PE teacher: write something about the event*). Due to the ongoing pandemic, this year’s event is designed to be enjoyed at school or at home.

I hope that your family will participate together in one or more of the physical education lessons I provide during Family PE Week. It will give you a better understanding of the teaching and learning that goes on 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 this week. If you are going to use any Online Physical Education Network (OPEN) lessons designed for this event, they are here: www.openphysed.org/FamiliesLovePE)*

The national sponsor of this event, Active Schools, hopes that you will share your 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 movement as a champion for active schools: [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.

Sincerely,

Your Physical Education Department