TEMPLATE LETTER FROM PHYSICAL EDUCATION TEACHER TO FAMILIES

Date

Dear (name of school) parents and caregivers, I am 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).

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.

As you may remember, our school conducted Family PE Week last year. I hope that your family will participate together in one or more of your child’s physical education lessons during Family PE 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 your event logistics here.)

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.

Please take a minute to join the Active Schools movement at:

[**www.activeschoolsus.org/join-the-movement**](http://www.activeschoolsus.org/join-the-movement)

Your influence is important for the support of physical education in our schools.

I look forward to sharing physical education with your family during Family PE Week!

(Your name)