*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 3rd-7th *(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. 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 information or highlights if you conducted Family PE Week in the past.)*

I hope that your family will participate together in the Active Family Challenge (see attached). *(PE teacher: send a copy of the chart or provide parents with this link: XXX).* We hope these activities will allow you to experience firsthand the fun and enjoyment that being active as a family provides.

There will also be other opportunities to get involved in Family PE Week. *(PE teacher: share information about how you will conduct the event this week. Will you invite parents into your classes or send PE activities home? Online Physical Education Network (OPEN) has lessons designed for this event available 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.)*

Your influence as a parent is important for the support of physical education in our nation’s schools. Please take a minute to join the movement using this link: [www.activeschoolsus.org/join-the-movement](http://www.activeschoolsus.org/join-the-movement).

Sincerely,

Your Physical Education Department