

PE September/October

The students are working hard to achieve the Presidential and National Fitness award. Students ten and over have to run the mile, eight and nine year olds ran a half mile and six and seven year olds ran a quarter of mile. They have completed their sit-ups and pull-ups and now are working on the shuttle run and the sit and reach. They do have to achieve at least in the 85th percentile in all five events in order to receive the Presidential award and achieve in the 50th percentile for the National Award. They are able to attempt an event more than once in order to improve their score. Encourage your children to work on their strengths.

