



# Gym Shorts

My name is Mr. Martin and I am the Physical Education teacher. I would like to welcome all returning and new students to Solomon school for the 2019-2020 school year.

The following is brief description of how the PE program is structured. The major units are flag football, soccer, floor hockey, basketball, tennis, and kickball/softball/baseball. All these activities are modified according to age and ability level. Additionally cooperative activities, tag games, and other movement related activities round out the curriculum. All CPS students participate in fitness testing. The tests are: pacer (cardiovascular endurance), push-ups, curl-ups, and sit & reach (flexibility). If you have any questions/concerns regarding the PE program/fitness testing please let me know or just stop by the gym in person.

Solomon has a dress code, which students should follow. The color of gym clothes must correspond with the colors of the dress code. On gym days students should wear gym shoes (no sandals/flip-flops), either shorts or sweat pant (no skirts), and shirt. The order form for Solomon Spirit wear will be sent home with your child by the end of September.

