

WELCOME BACK

Our Lady of Charity
School



1900 West 44th Place
Hialeah, Florida 33012

Office: 305-556-5494 Fax: 305-
819-0057

"The Best Place To Grow"



MS. GARRIDO P.E TEACHER



Goals



- ▣ The goal of my class is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.
- ▣ Developing teamwork, sportsmanship, and cooperation.
- ▣ For younger children, physical education classes offer their first chance to learn about the relationship between nutrition, exercise, and health, while acquiring basic body management skills such as:
 - The ability to stop and start on signal.
 - Spatial awareness.
 - Body part identification.
 - Balance and control.

Classes rules



- ▣ Be on time.
- ▣ Move carefully at all times.
- ▣ Be kind to classmates and teachers.
- ▣ Listen carefully and follow directions.
- ▣ Talk slowly, no need to scream.
- ▣ Come prepared with adequate clothes.
- ▣ Ask question if needed.
- ▣ Stay in your station area.



We are going to communicate by:

- ▣ plusportals: jgarrido@olocps.com
- ▣ Remind App: P.E class.
- ▣ Class code: @8a378g4



I hope that you have fun in this new School Year.

