

West Valley Middle School Physical Education Program



Physical Fitness and Education is an important part of West Valley Middle School's program. Physical Education (P.E.) classes are conducted daily for all grades. Coach Al will again teach P.E. to our 6th-8th grade students, and Coach Darci will continue to teach the 5th grade.

It is mandatory that your child wear a red Wildcats t-shirt or a Wildcats sweatshirt and any black athletic shorts or sweatpants for P.E. class. Shorts are required during the hot weather. Jeans, capri pants, skirts, skorts, etc. are not to be worn. Sweatpants or athletic pants will be allowed once the weather cools down. Athletic shoes must also be worn everyday. No sandals, flip flops, etc. are acceptable. (Wildcats clothing items are available for purchase in the school office. T-shirts are \$10, shorts are \$15, and sweatshirts are \$25)

Please encourage your child's sense of responsibility by helping them to remember their P.E. attire daily. Each student will lose 2 points per day that they are not dressed properly for P.E.

Contact the office, Coach Al or Coach Darci with any questions you may have.