

# SCHOOL YEAR 2024-2025

## WELCOME TO PRESIDENTIAL PHYSICAL FITNESS CLASS!

Hello CHESSIE Families!

We are Trisha Thompson and Katie Arnold, and we are the Presidential Physical Fitness teachers for your child at CHESSIE. PPF at CHESSIE is a modified version of the national Presidential Fitness Program. The idea is to give students an opportunity to participate in a program that promotes personal health and wellness, in addition to their academic course, at CHESSIE.

This forty-minute weekly program also encourages students to challenge themselves by competing with himself/herself each week. Our main areas of focus will be honesty, integrity, and fun! There is also a reward system incorporated into the program.

This year our exercises will focus on curl-ups (sit-ups), push-ups, shuttle run, sit and reach, standing long jump, jump rope, plank, and the mile run. The students compete against their own scores for improvement and to earn prizes each month.

The rotation will generally go like this:

Week 1: Curl-ups and pushups

Week 2: Shuttle run and sit and reach

Week 3: Long jump, jump rope and plank

Week 4: Mile run and prize day

Class Times:

**Group 4B** @ 12:45pm to 1:30pm, Lead Teacher: Trisha Thompson; teen helpers: Ellie and Chyler

**Life Science** @ 1:35 to 2:20pm, Lead Teacher: Trisha Thompson; teen helpers: Malcom and Lena

**Group 3 Apples and Bananas** (must be in 4<sup>th</sup> grade) @ 2:25 to 3:10pm, Lead Teacher: Katie Arnold; teen helpers: Titus and Judah

**Group 4A** @ 3:15-4:00pm, Lead Teacher: Katie Arnold; teen helpers: Keira and Chyler

The material fee for the class is \$30 per year, or \$15 per semester. Please contact Trisha or Katie (info below) if you have any questions or concerns or need to pay the material fee.

Thank you!

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