

Tuesday, September 23, 2008

Greetings from the WCMS PE program!

I wanted to give you a heads up about the PE program and what we are doing in the 7th grade right now. We are in the midst of a bicycling unit.

Our culminating activity for this unit is a 5 mile (2.5 miles out, 2.5 miles back) bike ride out the bike path toward Falling Springs. The ride will be police escorted for safety reasons. If students do not feel comfortable doing the 5 miles, they can turn around at any point during the ride. We will also have water stations along the way. The ride will occur on Friday, October 3rd (unless it is raining or below 45degrees). There will be 2 rides on the day we ride:

7th period: from 10:20-11:08

8th period: from 12:34-1:22

We will need help in several areas:

1. Someone to set up tables for water stations at the beginning of the day (7:40am) at Falling Springs
2. Cups for water stations (60 @ each table each period)
3. Someone to set up water coolers at water stations at the beginning of the day (7:40am) at Falling Springs

4. Someone to be at the water stations to hand out cups of water to the students

5. Adults who would like to ride with the students (We would like 1 adult for every 2-3 students) This breaks down to:

7th period ride: 12-15 adults

8th period ride: 11-14 adults

If you have any questions, feel free to e-mail me at melody.hamilton@woodford.kyschools.us

Permission Slip and Parent Volunteer Form

I give permission for _____ to participate in the WCMS physical education bike ride on October 3rd (weather permitting).

(Optional) I would like to volunteer to do the following for the bike ride:

_____ **Set up tables for water stations**

_____ **Provide cups for water**

_____ **Set up water coolers at water stations**

_____ **Be at the water stations (please indicate times available _____)**

_____ **Ride with the students (please indicate times available _____)**

Parent Signature

Parent contact #