

Dear SAP Students and Families

Welcome to the 2023-2024 school year. I hope you have all enjoyed your summer break! I am excited and ready to work with all of our returning and new SAP Students this year! Students in grades 3-8 will be receiving a link for the Physical Education Google Classroom, please make sure to log in and join once it has been received. Please fill out the last page of the Class Syllabus and return it by 8/25/23 on Google Classroom for (grades 3 - 8) or Seesaw for (grades K-2). This will be their first graded assignment.

**Physical Education classes will resume beginning the week of August 21, 2023 for grades 1-8, and on August 28, 2023 for Kindergarten. Students are expected to be dressed in full P.E. uniform on their assigned class day.** This includes a P.E. shirt, which can be purchased in the school office, P.E. Shorts or Sweatpants which can be purchased from Vicki Marsha. If your student has not yet received their shorts or sweatpants by next week, please have them wear comfortable and appropriate shorts or pants. All students should have appropriate athletic shoes for class to be considered fully dressed. Flat shoes including (converse, vans, etc.) will be marked down. Due to the fact that students are running and exercising on the blacktop they need shoes that will not cause injury to their feet and joints.

Please make sure your child brings a water bottle to school everyday, and especially on P.E. class days. We have refill stations available for them if they run out of water during the day. The students will need extra fluids to stay hydrated. I do not allow juice or soda during P.E. classes, please do not send those items for them to drink. I also recommend sunscreen for their faces that can be applied before coming to school.

My office hours will be posted on the SAP [Physical Education](#) BLOG. I will reply to all emails during these times and can be contacted by phone at the school. I am looking forward to a wonderful and active year ahead. For your convenience, the class schedule can be found below and will also be available on the PE BLOG.

God Bless,  
Mrs. Monica Rubalcava, BSc  
[mrubalcava@stanthonygardena.org](mailto:mrubalcava@stanthonygardena.org)

## Physical Education 2023 - 2024 Schedule

### **Tuesday**

9:00 - 10:00 **2<sup>nd</sup> Grade**

10:15 - 11:15: **7<sup>th</sup> Grade**

11:15 - 12:15: **6<sup>th</sup> grade**

1:00 - 2:00: **3<sup>rd</sup> Grade**

2:00-3:00: **8<sup>th</sup> grade**

### **Wednesday**

9:00 – 10:00: **1<sup>st</sup> Grade**

10:15 - 11:15: **4<sup>th</sup> grade**

11:15 - 12:15: **5<sup>th</sup> grade**

12:45-1:30: **Kinder**

### **Office Hours:**

**Tuesdays** 3:15 pm - 3:45 pm

**Wednesdays** 2:00 pm -2:30 pm