

WEST DEPTFORD MIDDLE SCHOOL
675 Grove Road
West Deptford, NJ 08066

Health & Physical Education Department

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Dear Parents:

The Physical Education staff is pleased to welcome back all of our WDMS students! We are excited to see everyone again and look forward to a successful school year! Since all of our Physical Education classes were virtual last fall, we wanted to remind all families about our **Fall Running/Fitness Program**.

All Physical Education classes will begin the school year with the **Fall Running/Fitness Program**. The goal of this program is to have your child learn about the benefits of cardiovascular exercise. The unit starts out very slowly with a 5-minute jog/fast walk. We will teach your child how to pace themselves and not over-exert themselves too quickly. Gradually over a 2-3 week time period, we will build the students up to their 20-minute "run" test. THE STUDENTS DO NOT HAVE TO RUN FOR THE ENTIRE 20 MINUTES. The students are asked to jog or walk fast during this time period. The 20-minute "run" test will count for one test grade for your child's first marking period grade. To help your child be successful, It is very important that your child has the proper clothes & sneakers during their PE classes. More information regarding Physical Education class requirements can be found in our [Student Handbook](#).

If your child has any type of health condition that would prevent them from participating, please send in a DOCTOR'S note to the school nurse stating the reason for the exemption. Your child will be excused from the running part of the program and will be given a written alternate assignment instead. During the time when the students are outside running, any child that has a Doctors excuse will work on 2 research papers. The first paper is the "Benefits of Physical Fitness" and the second research paper is the "History of the Marathon." The assignments will be due when his/her class does their 20-minute run test. More details on written PE assignments will be provided to individuals as needed.

Any student who earns 9 laps (5&6 grade) or 10 laps (7&8 grade) during the 20-minute test, will be invited to our **PE Cross Country Meet**. This takes place in October at West Deptford Park. More information regarding the PE Cross Country Meet will be distributed once the school year begins. Any questions please do not hesitate to email kramagli@wdeptford.k12.nj.us.

Sincerely,

Ms. Kristen Ramagli
PE Department Area Coordinator
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