

MS/HS Phys. Ed. Class

We will warm up for 10 minutes before every gym class. We will be outside as often as the weather allows, for soccer, football, etc.

Indoor time will be spent on basketball, volleyball, walking, dodgeball, and perhaps a kickball game or two. While outside, shoes, (preferably sneakers!) must be worn. No bare feet or stocking feet

will be permitted. No shoes, no play. Two weeks in a row, no shoes, and one of the parents may have to play gym in place of the child!!!

(Just kidding about the parent, but shoes must be worn outside for the protection of the child!) So, any questions, please ask and I will reply as quickly as my fingers can travel over the keyboard!!!!

My phone # (cell) 717-824-1135 (home) 717 872-6682

My email donaldfreeman2646@comcast.net

"Whoever forces you to go one mile, go with him two"

(Matthew 5:41)

Blessings

Don and Bonnie Freeman