

Dear Jefferson Parent /Guardian:

Our Physical Education classes will be participating in our skating unit at the Morton Roller Rink beginning March 16, 2020. Students will walk from Jefferson to the rink under the direct supervision of Jefferson staff.

This skating unit is being implemented because skating is considered a lifetime activity. Skating provides a variety of benefits, which include balance, coordination, motor skills, and a top rated cardio-respiratory workout. Students will learn basic skating skills such as starting, stopping, forward skating, backward skating, cornering, and a number of safety tips for being a smart skater.

The fee for this unit is \$5. This fee includes all of the equipment necessary for the two weeks of skating during the regularly scheduled P.E. class time. **Students in K-2 will be using the quad skates. Students in 3-6 will be given the option of quad or inline skates.**

Please have your child return this permission slip with the money no later than Friday February 7th.

Student Name (please print): _____ Grade: _____

3-6 grade students only: Inline _____ Quad _____

Parent/Guardian Signature: _____

Due by February 7th 2020