

Physical Education



Hello Chase Families!

I am ready for the upcoming school year and all of the great things that the Chase Elementary PE Department has to offer!

I have been in the gym for six years and 10 years in the community. Fitness and healthy living have always been passions of mine, and I am excited to share her passion for movement with your child(ren).



Physical Education Goals

- To have fun while increasing students' levels of physical fitness.
- To teach knowledge of rules and strategies when playing a game or activity.
- To emphasize the self-satisfaction of giving one's best effort, regardless of winning or losing.
- To help all students become aware of their capabilities while participating in various activities.
- To promote positive student interactions through health and wellness.

Dress Code

Students in kindergarten-fifth grade must wear tennis or gym shoes and socks to participate in gym class. Loose and comfortable clothing that meet the school uniform are best.
Students in sixth-eighth grade must purchase a gym uniform from the office or wear solid blue gym shorts and solid blue/white t-shirt.

Students are allowed to (and should) bring in water bottles during gym class. The bottles need to have a top that closes. Only water is permitted.

If your son or daughter cannot participate in gym class for any reason, please send him/her with a note, and we will provide an alternative activity. With your help, we can be sure to prepare our students for a lifetime of healthy choices, including good nutrition and being physically active. If you have any questions or concerns, please call me or stop in before or after school.

Thanks!

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