



Daviess County Public Schools

1622 Southeastern Parkway
Owensboro KY 42303
www.dcps.org

www.Facebook.com/DaviessCountyPublicSchools
Twitter: @dcpsKidsFirst
YouTube: DCPSTV

Superintendent Matt Robbins
matt.robbins@daviess.kyschools.us
Phone 270-852-7000

September 23, 2019

SOES hosts ‘Bring Your Parent to PE’ Week

Southern Oaks Elementary School students are inviting their parents, guardians, grandparents, other family members and friends to join them for physical education classes this week.

PE teacher Sarah Smith said “Bring Your Parent to PE” is a nationwide initiative sponsored by Active Schools U.S. (<https://www.activeschoolsus.org/pe-week>) that is designed to introduce parents to physical education programs in schools with a goal of encouraging family engagement in healthy lifestyles and physical activities at home and in the community.

“My goal is to show parents and families that there is more to physical education than rolling a ball, as it mostly likely might have been when they were kids,” Smith said. “I also want to encourage parents to be active with their kids at home and outside of school. Students are more likely to engage in healthy behaviors when they see their parents or guardians engaging in healthy behaviors.”

Smith said she is aware that many parents cannot attend because of work schedules, which is why she opened this program up to grandparents, aunts, uncles, older siblings, or any adult who is a person of influence in her students’ lives.

Otherwise, Smith said, she is not changing the activities planned for her PE classes this week. “I have a curriculum map that I follow throughout the year,” she said. “I didn’t change the activities we are doing this week because I want parents to see and participate in an authentic PE class that their child would normally have. My students in grades 3-5 are completing a fitness unit and students in kindergarten through grade 2 are completing a manipulatives unit.”

Adults attending PE classes at Southern Oaks this week are encouraged to wear comfortable clothing and appropriate shoes. “This is a hands-on learning experience,” Smith said. “I want parents to come ready to engage in activities planned for their child’s PE class. I understand that adults don’t always move in the same ways as children, so of course they may participate at their own comfort levels.”

PE class schedules for the remainder of this week are as follows:

8:50 to 11:40 a.m. Tuesday, Sept. 24
12:25 p.m. to 2 p.m. Wednesday, Sept. 25
8 to 8:45 a.m. and 12:25 to 2 p.m. Thursday, Sept. 26

NOTE TO MEDIA – Our media partners are invited to visit Southern Oaks – and you are welcome to engage in physical education activities along with the students and their families! For more information, contact Sarah Smith at sarah.smith@daviess.kyschools.us or 270-852-7570 or 270-903-8672. SOES is located at 7525 U.S. 431 South.