



**Jeff West**  
**Upper Providence Elementary**  
**Physical Education**



Wow. This year is really flying. We are in the fourth quarter already and the students have accomplished so much. We have many fun activities left in physical education. We have just finished up volleyball with all grade levels and are ready to start a few new games that students can do during recess or at home.

In kindergarten we are working on cooperative activities. We are doing games that involve teamwork and leadership in order to succeed. I am really impressed with the way all of the students in kindergarten work together. They really put forth effort and show a great amount of energy in all of our activities.

First and Second grade are participating in team games and fitness testing. Many students are on their way to achieving the Presidential and National Fitness Award. The test consists of five tests: sit-ups, sit and reach, pull-ups/flexed arm hang, shuttle run, and the mile run.

Third and fourth grade are ready to start a unit on softball after we finish up fitness testing. The games we play at this level are important because they are all games that students can play for the rest of their lives. My goal is for students to want to play these team games at a park, picnic, or in their neighborhood.

Ultimate Games week is approaching soon and we are going to need many parents to come in and help. The volunteer form will be sent home shortly so be on the look out for that. Kindergarten will be participating in the games on Friday, June 11, 2010. First and third grades will be on Monday, June 14<sup>th</sup> and second and fourth will be on Tuesday, June 15<sup>th</sup>. Each grade level will also be participating in the Relay for Life walk during the final week of school. We will be sending home the donation envelope and more information about Relay for Life in May.

I have had a wonderful time this year at Upper Providence. I really feel that I connected with the students and families in this community. This is the greatest school in the world and cannot wait until next year. I want to personally thank all of the parents and students for their support. If there are any questions or concerns, please contact me anytime. My email is [jwest@spring-ford.net](mailto:jwest@spring-ford.net) or you can call me at extension 2516.

Thanks again and have a wonderful summer,

**Jeff West**  
**Spring-Ford**  
**PE @ UP**



LET'S GO USA  
WORLD CUP 2010