**Greetings from the Physical Education Staff**

**Heidi Martin and Teresa Thour**

The month of November is our unit of fitness and rope climbing. There will be fitness testing along with rope climbing (at their own level) and multiple fitness stations.

If you hear about frogs, bananas, snakes, monkeys and King Kong it is true. The students earn these for the level they are able to climb on the rope. The goal is King Kong! King Kong is fun to get, but the most important thing is self-improvement! We hope that each student is able to see their growth in one month.

Don’t forget to send tennis shoes each day as we near boot weather. It is a pleasure to work with the students here at Birchview.

Mrs. Martin and Ms. Thour