

# PLAINVIEW-OLD BETHPAGE

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, ATHLETICS AND RECREATION



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DATE: November 2, 2016  
TO: All Parents of Mrs. Baker's 8<sup>th</sup> Grade Students  
FROM: POBMS Physical Education Staff  
RE: Aquatic Unit

On November 28<sup>th</sup> through December 23<sup>rd</sup> Mrs. Baker's 8<sup>th</sup> grade students will be taking part in our aquatic unit. The unit has been revised and updated to meet the current needs of our students.

The Plainview-Old Bethpage Physical Education Department feels strongly that the aquatic unit is an integral part of our Physical Education experience. Swimming and aquatic sports are the 2<sup>nd</sup> most popular lifetime activities in the United States according the US Census Bureau. The physical fitness benefits of swimming are numerous (muscular endurance, muscular strength, cardiovascular, etc.)

The unit will consist of ten classes including the following topics: water safety (2 days), water aerobics (4 days) and pool games such as water polo, relay races, surface dive games, etc. (4 days).

Although we strongly believe in the unit and its benefits, students will only be "required" to partake in the two day water safety topics on the pool deck, (no changing required). For 2016-2017, as part of a pilot program, your child has the option to complete the other eight lessons associated with this unit, as described above, or be placed in an alternative activity in the gymnasium.

If your child chooses not to partake in the final 8 aquatic unit lessons, please return this notice to their teacher with a signed explanation by November 18, 2016.

**REASON:**

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Student's Name (Print): -----

Student's Physical Education Class: Period-----Circle: Odd-----Even-----

PARENT'S SIGNATURE-----