

Dear \_\_\_\_\_,

I hope this finds you well.

My name is \_\_\_\_\_ and my child is \_\_\_\_\_. I have been reading about the importance of P.E., not just for children's physical fitness, but also for academic achievement. You might be interested in a recent book on the subject, *Survival of the Fit*. In it the author, a sports medicine doctor and sport psychologist, makes a case for P.E. to be considered the most important link in our child's education since without activity, not only do the muscles atrophy, but the brain suffers as well.

I was curious not only about the amount of P.E. the students are getting, but also the specific activities. From all reports we are falling far short of the 30-45 minutes of *aggressive* P.E. for every student, every day that is recommended in national standards. What can I and my fellow parents and citizens do to help you make this happen? We know the education you received to achieve your P.E. degree cuts a broad swath. How can we use your knowledge to its maximum advantage? Hiring a paraprofessional assistant? Different equipment/resources? Space? Time?

With a health epidemic gripping this country, and the coming generation poised to have a shorter lifespan than the last, we must do everything in our power to make a difference. Let me help you bring \_\_\_\_\_ School to the forefront of not just physical education, but all aspects of learning. I look forward to hearing from you.

Very truly yours,

cc: Principal \_\_\_\_\_