

Parent Letter and Activities

Dear Parent or Guardian,

Our health class is currently studying sports and conditioning. Your teen will learn about the fitness benefits of individual and team sports. We'll examine conditioning goals and techniques and why they are important for getting into shape and preventing injuries. Finally, we'll discuss the importance of balancing school, sports, and home life.

Some questions your teen will answer as we study these topics include: *What role do sports play in a healthy lifestyle? How can I choose which sports to play? What are some benefits of competition? How can nutrition affect my level of performance? How can I avoid sports injuries? What techniques will help me get into condition without doing more than I should? How can keeping records help me to reach my goals? How can I determine whether I have struck a good balance among the activities in my life?*

Involvement in either individual or team sports can lead to a lifetime of fitness. Sports can also help foster such values as commitment, cooperation, and responsibility. Sometimes, however, teens find it difficult to balance sports with their other interests and responsibilities. Working together, we can help your teen find a healthy balance.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your teen:

- Decide on an individual sport that you can take part in together, such as hiking, biking, running, or swimming. The activity will provide not only healthful exercise but also a private time to talk.
- Visit a supermarket together, and check out the sports beverage section. Compare the labels. How are they alike, and how are they different? Why are they called sports beverages?
- Talk to your teen about the sports you played when you were his or her age. How has your attitude toward sports remained the same, and how has it changed? Are some games played differently now from the way they were when you were this age?
- Discuss the activities and responsibilities that you and your teen face in your respective day to day lives. Talk about ways to balance these elements. Would you like to improve the balance? If so, how would you do it?

Please feel free to engage in any other activities that you believe will encourage your teen to take a healthy interest in sports and physical conditioning. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher