

A reader offers these suggestions. Notice how she adapts the basic language for different children and/or different years.

*For most of our subjects I do keep a daily log - though there may not be very many daily entries. I actually log PE, too, but always include a summary because there isn't always something to stick in the packet.*

*Here's my Safety Education summary that I use every year:*

"Education about safety is such a natural part of our lives that we didn't list it as a subject in the daily log. This doesn't mean we don't do it. We talk about preventing and dealing with fires. S. is allowed to walk alone, so we talk about crime safety. S. always wears her bike helmet to ride and always wears her seat belt in the car. We have not neglected reminders about simple but dangerous things like crossing the street."

*This has changed over the years. The year she learned to ride a bike I think I had something in it about bike safety.*

*Here are some PE summaries we used various years for various children. There are obvious similarities, but I did tweak them.*

Our emphasis in physical education is not primarily on sports but on skills that will be useful for maintaining lifetime fitness and environmentally friendly transportation, among other things. E. attends a weekly class in Worship Dance, including choreography. She puts these skills to work each Sunday with impromptu dances in church. She also attends a "Soccer/PE class" featuring a number of other active team games besides soccer. She walks our dog at least half an hour about twice a week and frequently walks to and from SEPTA stations en route to various activities. During a week at camp and occasional trips to a pool she worked on swimming skills. She also enjoys biking, learning softball skills, and informal outside play.

Our emphasis in physical education is not on sports but on skills that will be useful for maintaining lifetime fitness and pollution-free transportation, among other things. For the last three months of this school year, S. attended a weekly PE class where he played both indoor and outdoor soccer, various forms of handball and other active games. He walks our dog about half an hour three or four times a week and often walks for transportation. During a week at camp he worked on swimming skills and participated in hikes and sports. He rides bike occasionally for transportation.

Our emphasis in physical education is not primarily on sports but on skills that will be useful for maintaining lifetime fitness and environmentally friendly transportation, among other things. S. attends a weekly class in Worship Dance, including choreography, as well as a "Soccer/PE class" featuring a number of other active team games besides soccer. She walks our dog at least half an hour about twice a week and sometimes walks to a friend's house, or to and from SEPTA stations with a parent. She has gone from a novice to a skilled bike rider this year and enjoys active informal play.