



Highland Middle School Bicycle Program

Mission: Our mission is to develop healthy individuals who understand and value the benefits of leading an active and healthy lifestyle. Students will develop a greater understanding of healthy fitness concepts and techniques that lead to the improvement and maintenance of overall health, fitness and motivation to exercise.

NYS PE Standards

1. Personal health and Fitness
2. A Safe and Healthy Environment
3. Resource Management

Within Physical Education class for the next 4-5 weeks we will be teaching a bicycle health and Safety Unit. The program will include helmet fitting, bicycle fitting, bicycle safety, road safety including traffic signals. The program will start within our middle school campus. We will use the gym, parking area and athletic fields culminating with a ride to, on and from the Hudson Valley rail trail and Walkway Over the Hudson.

Please return permission slips to your Physical Education teacher by May 7th.

I hereby give my approval for my child to participate in the culminating activity of riding to, on and from the Hudson Valley rail trail/Walkway Over the Hudson.

Print students name: _____

Parent/Guardian name: _____

Parent/Guardian signature: _____

Date: _____

If you have any questions or concerns we can be contacted via email: mmilliman@highland-k12.org or tcilento@highland-k12.org or call 845 691 1080

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