

PHYSICAL EDUCATION PROGRAM AT JUANITA ELEMENTARY

**Determination is not always to the swift,
but to those who keep on running.**

Mrs. Lynn Kohlwes: Your PE Teacher

I have been a teacher in the Lake Washington School District for 27 years. I began as a regular classroom teacher in grades 4-6th at Juanita, Samantha Smith, and Redmond Elementary & then I switched & became a PE teacher. This is my 17th year teaching Physical Education at Juanita Elementary

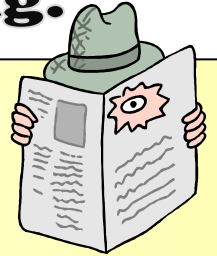
I received my Bachelor of Arts in Elementary Education from Washington State University and then earned my Masters Degree in Education Administration from Seattle Pacific University.

Although raised on Vashon Island, I have lived in Kirkland for 26 years with my husband Brian, a commercial fisherman. We have two sons, Kyle and Kory who attended school in Lake Washington School District and are now both attending college at WSU. Go Cougs!

I still love teaching and also enjoy other activities such as technology, art & photography, recreation, reading, travel, and time with my family. I am also a volunteer for a ski & board program called Eastside Ski & Ride for 4-12th grade students that want to learn to ski or snowboard

Monthly Fitness Newsletters

Once a month I send, via School Messenger, a monthly Fitness Newsletter to all parents who have their correct email registered in the office. If you have NOT received my newsletter, please check your "junk mail" or make sure your email address is updated with the office. Back issues of my Newsletters can be found at my website listed at the bottom of this page. I also have extra copies on my PE Bulletin Board right outside the office in the hallway.



PE Report Card

*Students are only given an **"EFFORT"** grade on their REPORT CARD for Physical Education based on the criteria stated below*

SPORTSMANSHIP

I give encouragement to myself & others.
I am honest.
I accept the calls of the teacher.

ATTITUDE

I am positive toward myself & others.
I am positive toward the activity.
I am a good listener & can follow directions.

PARTICIPATION

I try my best and don't give up.

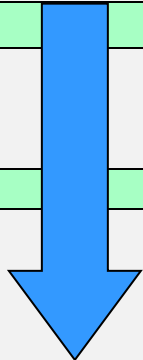
PREPARATION

I am wearing rubber soled, supportive shoes.
I am wearing easy to move in clothing.



JUANITA ELEMENTARY PE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:35	MRS. KOHLWES PE DEPARTMENT CHAIR ADMINISTRATIVE DAY	NIGGEMEYER: 5 TH	MIERA: 5 TH	NIGGEMEYER: 5 TH	MIERA: 5 TH
9:40-10:10		PLANNING	GURRAD: 3R	ADAPTIVE PE	PLANNING
10:00-10:30		BEBEE: KINDERS	PLANNING	PLANNING	BEBEE: KINDERS
10:30-10:45		PRIMARY RECESS K-2ND			
10:45-11:15		MARSHALL: 2 ND	SMERNIS: 1 ST	RICKETTS: 1 ST	RICKETTS 1 ST
11:20-11:50		STEELE: 6 TH	MALLOY: 6 TH	MR. STEELE: 6 TH	MALLOY: 6 TH
11:55-12:25		WINDUS: 4 TH	TERHUNE: 4 TH	WINDUS: 4 TH	TERHUNE: 4 TH
12:25-1:15		ALL SCHOOL LUNCH/RECESS			
1:15-1:45		MCCAIG: 2 ND	DEL VALLE: 2 ND	MCCAIG: 2 ND	DEL VALLE: 2 ND
1:50-2:20		MINTY: 1 ST	LEAP DAY Students dismissed At 2:00	MINTY: 1 ST	SMERNIS: 1 ST
2:25-2:55		PLANNING		PLANNING	MARSHALL: 2 ND
3:00-3:30		NEUPERT: 3 RD		NEUPERT: 3 RD	GURRAD 3 RD



DO NOT WEAR THESE SHOES TO PE, PLEASE!

Your child's class has two thirty minutes classes of PE a week. For safety and success in PE, please have your child wear supportive rubber soled athletic shoes on days they have PE



UNSAFE SHOES FOR PE

How You Can Become a Fitness Champ & Earn a Fitness Medal

If your child completes fitness homework, every month, for 8 out of the 10 months of the school year, they can earn a really cool fitness medal awarded at the end of the year assembly. Fitness homework ideas and directions can be found on my website (*listed on the other side of this page*) & can include Fit Art, Fitness Calendars, and Fitness is Fun Posters. Examples of "Fitness is Fun" Posters can be found hanging in hallway just past the library as you head towards the stairs. All assignments are optional and do **NOT** impact your child's PE Effort grade.

