



# Juanita Elementary September Fitness News 2011

**JUANITA  
ELEMENTARY**

A Monthly Newsletter

Volume 14 Issue 1  
September 2011

Written by

Mrs. Lynn Kohlwes: PE Teacher

Web Page: <http://schools.lwsd.org/juanita/staff/kohlwes>

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## What's Happening in Your Child's PE Class

### FACTS ABOUT MRS. KOHLWES & HER PHYSICAL EDUCATION PROGRAM

#### HOW TO PRONOUNCE MY NAME: COLE-VUS

#### Teaching History & Information

- Classroom and PE Teacher in Lake Washington School District 27 years
- Beginning my 18th year teaching PE (10 years as classroom teacher)
- Teaching Schedule for 2011-2012 School Year
  - Main School: Juanita Elementary 4 days a week
  - Elementary PE Department Head :1 full day a week

*(As PE Dept Head, sometimes I will be traveling to visit other schools PE programs or be at the Resource Center for Administrative meetings, but I will no longer travel to a 2nd school to teach PE like I have in years past.*

- Instruction Technology Teacher for LWSO Teachers (summer & after school hrs)

#### Education

- High school Diploma: Vashon Island High School
- Bachelor of Arts in Elementary Education from WSU
- Master's Degree in Education Administration from SPU

#### Grants & Awards:

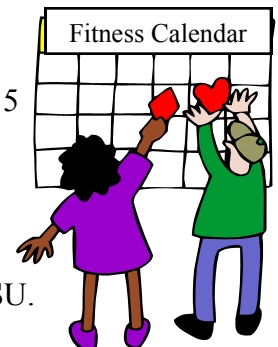
- PTSA Golden Acorn Winner  
Juanita Elementary 1998  
Rose Hill Elementary 2005
- Christa McAuliffe Washington Educator Award 2001
- King County Alliance PE Award 2002
- Technology Innovation Grant (Heart Rate Monitors) 2005
- Fulbright Scholar & Exchange Teacher (in Edinburgh Scotland) 99'-00'

#### Important Information

- Newsletters with Optional Fitness Calendars sent out monthly via email through School Messenger
- Phone Number with Voice Mail: 425-936-2570 ext. 55715
- Email: [lkohlwes@lwsd.org](mailto:lkohlwes@lwsd.org)
- Web Page: <http://schools.lwsd.org/juanita/staff/kohlwes>

#### Fun Stuff About Mrs. Kohlwes

- Married 26 years to Brian Kohlwes
- Two sons: Kyle age 21 and Kory age 18: Both attend WSU.
- Hobbies: Art, Technology, and Photography
- Healthy Life Style: Jogging and Snow Skiing
- Volunteer: East Ski & Ride Snow Ski & Snowboard  
*A Non-Profit Program for Youth*



### How Can I Learn More About My Child's PE Program?

VOLUNTEER FOR PE  
(I welcome extra help.)

VISIT MY PE WEBSITE

YOU WILL RECEIVE THE MONTHLY FITNESS NEWSLETTER VOLUNTEER OPPORTUNITIES, & FITNESS CALENDARS VIA EMAIL & ON MY WEBSITE

TALK TO YOUR CHILD AND ASK THEM WHAT THEY DID IN PE.



## BEING PREPARED FOR PE

### Being Prepared for PE means:

- Knowing what days you have PE :

Please visit my website at <http://schools.lwsd.org/Juanita/staff/kohlwes/>

And click on the link that says **PE Schedule** found on the left & center Menu of the PE Home Page

- Dressing Appropriately

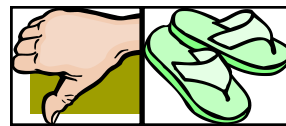
Easy to moving in clothing (*avoid 'saggin & baggin' pants, skirts & dresses*)

Supportive athletic shoes (*avoid boots, flip-flops, wheelies, sandals, clogs, poor –worn tread, or high- heeled shoes*)

**\*\*Note:** Especially during hot weather, I see many students wearing sandals to PE. Please, if your child chooses to wear sandals on PE days, have them pack an extra pair of athletic shoes so they can successfully participate without getting injured from slipping or twisting their ankle.



**Thumbs up for wearing** rubber soled, supportive athletic shoes.



**Thumbs down for wearing** flip-flips, clogs, boots, cros sandals, or high heeled dress shoes

## Lesson Objectives for the month of September

### September 6th-9th

Teach Warm Ups, Routines & Procedures, [Safety/Respect Rules](#), & [Behavior Expectations](#) in PE and on the playground, in fun movement and game/activity setting.

### September 12th-23rd

#### 4th-6th Grade: [Bike Safe! Bike Smart Unit:](#)

How to adjust/fit a helmet & bike seat, stopping, starting, and signaling safely, scanning for cars, dodging (rocks, pot-holes, divots & bumps) while riding a bike, & the safety figure 8 intersection.

#### K-3rd Grades:

**Spatial Awareness & Team Games:** Tag Games ( [Run Rabbits Run](#), [Pounds and Puppies](#), [Cow Pie](#),

**Playground Games:** [4-Square](#), Big Toy, ([Tetherball](#)-3rd grade only)

### OPTIONAL PE ASSIGNMENTS

Downloadable Fit Art, Fitness Calendars, Fitness tests, Target Heart Rate Site, Playground Rules Quiz & more can be found at my website at <http://schools.lwsd.org/Juanita/staff/kohlwes/>

#### All Assignments

- Are optional
- Non-Graded
- Gets your name published in the monthly fitness champs flyer
- Earns your child a certificate and a small prize (one prize a month)
- Earns your child a fitness medal at the end of the year if they do one assignment on time, every month for 8 out of the 10 months that your child s in school.