



# December Fitness News 2011

A Monthly Newsletter

Volume 13 Issue 4

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Juanita Elementary

## WHAT'S HAPPENED IN YOUR CHILD'S PE CLASS IN NOVEMBER

### Inside This Issue

Upcoming Events	1
Engage Your Child's PE Program	1
Fitness is Fun Posters PE Objectives for Dec	2
Thanks to the Dance Volunteers	3-4

#### Upcoming Events

**Friday, Dec 9th**  
November Fitness Calendars are due

**Friday, Dec 16th**  
Last day of school before the 2012 New Year

We might have lost to the Huskies but as a WSU Alum with my 2 sons attending school at WSU I proudly say,  
**GO COUGS!**



### Engage Your Child in a Dinner Conversation About What's Happening in PE Ask them Questions About Dance Week, Our Basketball Unit, & Effort Grades in PE

1. Describe a "4" student for PE.
2. What area are students formally assessed in PE for the Report Card?
3. How can I earn a "level 4" in PE.
4. What were some the dances we learned during "DANCE WEEK.?"
5. Did you go to the night time Patriotic Family Dance?
6. What "new" unit did we start in PE
7. Describe some of the games, stations, or activities that we did to practice our basketball skills.



#### ANSWERS

1. A "4" in EFFORT means Exceeds or is above the Standard,
2. An EFFORT grade is only grade given on report card for PE.
3. You can earn a level 4 in PE by going above the standard which includes always follows directions, respecting & following safety routines and procedures, helping others, complimenting others, turning in 'optional' fitness calendars, fit art, having excellent sportsmanship skills, trying your best for the good of the team, and wearing appropriate shoes and clothing on days you have PE.
4. Answers will vary but some of the dances we learned were the Virginia Reel, Wicky Wicky Wild Wild West, Macarena, Jitter Jog Rock, Circle Dance, and lots of other dances.
5. Answers will vary but we had over 300 people attend the night time family dance.
6. We started a basketball unit in PE.
7. Below are some of the games, stations, & activities we did in PE for Basketball.

- (All grades)
- We did dribbling drills and ball handling drills as our warm ups.
  - We practiced passing the ball.
  - We worked on our shooting skills.
  - We played modified games (according to grade level).

#### Grade Level Specific Skills, Games & Activities

- **Walk the Dog** to practice keeping our hand on the ball (K-2nd)
- **Passing:** bounce and catch passing(K-2nd)
- **Passing:** bounce, chest and push pass in (3rd-6th)
- **Dribblerama Game** to practice dribbling skills (All Grades)
- **Dribblerama Game with Shark** to practice offense/defense (3rd-6th)
- **Dribbling Challenge Stations** (All grades)
- **Basketball Golf** to practice shooting into various targets (All grades)





**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.

**FITNESS IS FUN POSTERS**  
**SEND IN A PHOTO**  
**& HAVE YOUR CHILD PUT ON A POSTER**  
**DISPLAYED IN THE HALLWAY**

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. Congrats to these students who all ready turned in a photo for their 2011-12 poster:

**kindergarten:** Michael Davis

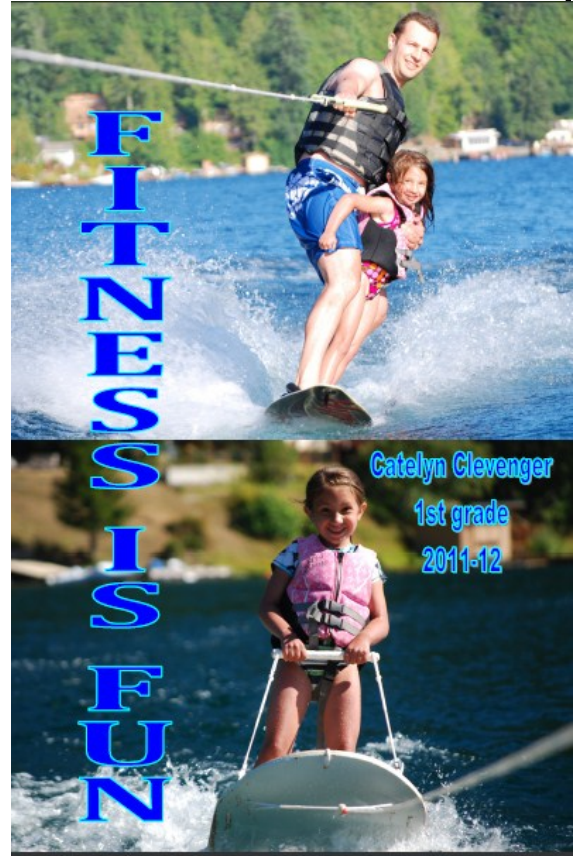
**1st grade:** Catelyn Clevenger, James Lawrence, & Misha Zhekov, **2nd grade:** Aiden Prevey, Grace Lloyd,

Andrei Barylo, Kyle Ricks, Marjan Fathi, Kathy Ngo & Ryan Claypool,

**3rd grade:** Jacob Wisnock, Hannah Davis, Sophia McKown, Erick Bradley, Gillian Sparks, and Daniel Davis

**4th grade:** Gabe Lawrence & Toki Shimojo **5th grade:** Xane Vidato,

**6th grade:** Jamie Hudson **Staff:** Mr. Allen Terhune and Mrs. Sharon Frank



Catelyn Clevenger  
1st grade  
2011-12



**Lesson Objectives for December 1st-16th:**

**BASKETBALL:** (*all grades*)

Safety, Dribbling, Ball Handling, Passing, Shooting, Offense/Defense  
Modified Basketball Games



**DOES YOUR 4th-12 grade CHILD WANT TO LEARN TO SNOW SKI OR SNOWBOARD?**

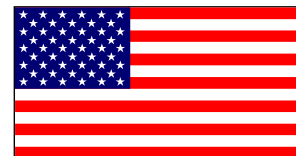


If you're looking for a great recreational activity for your child and they love the snow and mountains go to the Eastside Ski and Ride website at [www.eastsideskiandride.org](http://www.eastsideskiandride.org). Our 6 Week Ski and Snowboard Program starts Jan 14th and you can register and pay on website. The bus loading zone for Juanita Elementary is at Juanita High School. Look also for the Blue Poster on my PE Bulletin Board at the main entrance to Juanita Elementary and grab a brochure. If you have any questions about the program, you can always ask me, Mrs. Kohlwes, because I have been a volunteer in the program for the past 10 years. It's a great way to get up to the mountains to ski or snow board. Just give me a call at 425-936-2570 ext 55715.



**PATRIOT DANCE DONATION OF TREATS  
PARENT & GRANDPARENT VOLUNTEERS**

My advance apology if I left your name off the list.  
A lot of treat donations came in at the last minute.



DANCE VOLUNTEERS	TREAT DONATIONS
Jamie Sovacool Angelica Lujan Amy Lofquist Sonny Hoe Nick Steen Brian Kohlwes Sharon Langlois Sue Schleer Stephanie Dunningway Sharon Frank Tobi Ellis Phyllis Pierce Lynn Kohlwes Dottie Digiulio Vinnie Digiulio Stephanie Dunningway Robert Davis Kelley Stryer	Jamie Claypool Kelley Stryer Cheryl Crandall Jamie Sovacool Cheryl Firoved Evonne Osorio Phyllis Pierce Kelly Newman Monica Otega Anastasia Strebkova Allison Clevenger Rebecca Field Sue Schleer Stephanie Dunningway Olena Valeshuk Sidney Park Becky Jones Amela Kameric Kathy Kill
WATER DONATIONS	SODA POP or JUICE DONATIONS
Robert Davis Molly Ely Shannel Davis Romy Marigmen Dottie DiGiulio Kathy Dinh Monica Ortega Anastasia Strebkova Dena Scott Arthur Adamov Jessica Donovan	Ericka Sanchez Romy Marigmen Stephanie Dunningway Dottie Digiulio Jennifer Anker Iranis Maldonado Monica Ortega Dena Scott Nancy Owen Arthur Adamov Jessica Donovan

## **PATRIOTIC DANCE STUDENT VOLUNTEERS**

<b>Finn Hill Jr. High School</b>	<b>Juanita High School</b>
<p><b>Lauren Rubart</b>  <b>Malia Bariquit</b>  <b>Alex Diment</b>  <b>Ashley Claypool</b>  <b>Brittany Langlois</b>  <b>Christian Raether</b>  <b>Clair Sovacool</b>  <b>Clark Ellis</b>  <b>Corey O'Neill</b>  <b>Faith Raether</b>  <b>Gaby Jordan</b>  <b>Jessica Clark</b>  <b>Monique Bonilla</b>  <b>Shelley Waltar</b>  <b>Zach Lofquist</b>  <b>Ashley Claypool</b>  <b>Gianna Paribello</b></p>	<p><b>Antoinette Ngo</b>  <b>Eva Hoerth</b>  <b>Hannah Rotta</b>  <b>Kelsey Camilleri Espinosa</b>  <b>Kenzie Waltar</b>  <b>Shin Park</b>  <b>Tyra Overby</b>  <b>Chris Clark</b></p>
	<b>Cambridge Program at JHS</b>
	<p><b>Ashley Arthur</b>  <b>Julian Ngo</b>  <b>Justin Ngo</b></p>
	<b>Lake Washington High School</b>
	<p><b>Moly Thou</b>  <b>Sean Deleon</b>  <b>Taylor Holliday</b>  <b>Trixia Anigat</b></p>

