



Juanita Elementary October Fitness News 2011

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A Monthly Newsletter
Written by
Mrs. Lynn Kohlwes: PE Teacher

JUANITA ELEMENTARY

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

VOLUNTEER FOR PE
(I welcome extra help.)

VISIT MY PE WEBSITE

For

- Current News
- Grading Standards
- Learning Targets
- Games
- Optional Fun Fitness Assignments
- Upcoming Volunteer Opportunities

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

What's Happening in Your Child's PE Class

ENGAGE A CONVERSATION ABOUT YOUR CHILD'S PE PROGRAM BY ASKING THEM THE FOLLOWING QUESTIONS

K-2nd Grade

1. Name and describe to your parents one of the tag games we played.
2. If there is someone who is IT and they tagged you, why do we have the rule that you always believe that tagger even if you didn't feel it?
3. Does everybody that wants to be IT always get to be IT in every single game? Why or Why NOT?
4. What tag game does everybody usually get to be it?
5. What Playground Games did you practice?



4th -6th grade Only

1. What are the 4 parts for fitting a bike helmet properly?
2. What are some of the bike stations that we got to practice for safety?
3. What are some of the rules for safely riding a bike on the street?
4. Show your parents the signal for left turn, right turn, and STOP!

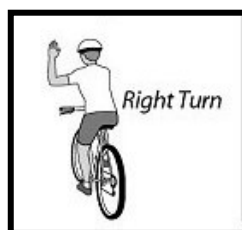
1st-2nd Grade Answers

1. Your child's class either played Flag Tag, Pounds and Puppies or Cow Pie, (All game description can be found on the [Curriculum Link](#) on my website)
2. We always trust that people will be honest and you're usually never "out" of the tag game for very long, so no sense arguing whether or NOT you were tagged.
3. Not everyone in the class will always get to be IT but we all will eventually get to be IT sometime during the year.
4. The tag game that everyone gets to be it is Flag Tag and sometimes Pounds and Puppies.
5. Playground Games learned or practiced were how to play on the Big Toy Safety (K-2nd) and 4 Square and a game called Switch (2nd-3rd only)

4th-6th grade Answers

1. 2 fingers on the eyebrow and push the helmet forward. Make sure the V clip is right below the earlobe, Once the helmet is buckled you should be able to have 2 fingers fit between the helmet strap and your chin. Finally, when you open your mouth or yawn you should feel pressure on the top of your head from the helmet slightly pulling down.
2. Snail Race, Car Scan, Rock Dodge, Figure 8 intersection, and squish squash teamwork.
3. Follow the same traffic laws that cars follow, including using signals for stopping, or turning left or right. Always wear a properly fitted helmet. Your bike should also be properly fitted with reflectors and a light if you ride at night.

4.



THANKS TO THE BIKE SAFETY VOLUNTEERS!

I couldn't have done it without their help and support



PAT HAGENBUCH TAMMY LARSON
SHARON LANGLOIS PAULA BARIQUIT
DOTTIE DIGUILIO VINNIE DIGUILIO

ANGELICA VARELA TOBI ELLIS AZRA GRCIC

TARA EASON DANICA RISHER TRACY NEAL

SUE SCHLEER PHYLLIS PIERCE SARA RIEDEL

AMY LOFQUIST SHIRLEY SMITH JENNIFER ANKER

CHERYL CRANDALL ERICKA SANCHEZ SEANA HOLT

Lesson Objectives for the month of October

Track & Field

(All-Grades) Track and Field: Proper Stretching, Running (start/finish) strategies, Shuttle Run (agility) Standing Long Jump, Standing Vertical Jump, Hurdles, 50mm Dash, Relay Races, and High Jump(3rd-6th grade only).

In addition each class will practice walking, jogging, or running on the course for annual PTA Jag A Thon on Friday October 14th.

Jag A Thon Schedule (Friday, October 14th)

All Day Kindergarten and Morning Half-Day Kinders: 10-10:30

4th-6th grade: 11:40-12:25

Afternoon Half-Day Kinders & 1st-3rd grade: 1:15-2:00

Fitness Testing

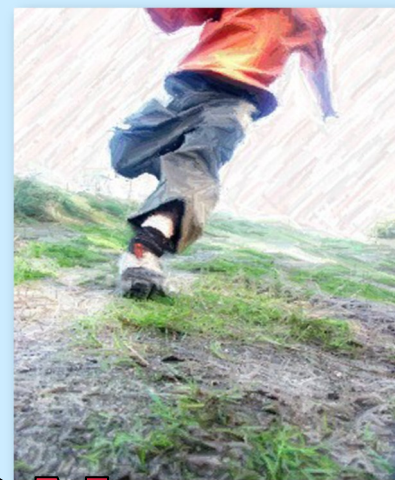
(All-Grades)

Cardiovascular Fitness (Timed Run)

Upper Body Strength (Flexed Arm Hang....crab walk for kinders)

Abdominal Strength (Sit Ups)

Flexibility (Sit and Reach 4th-6th & Toe Touch K-2nd)



COMING SOON

JUANITA ELEMENTARY ANNUAL DANCE WEEK AND FAMILY EVENING DANCE

Dance Week November 7th-10th

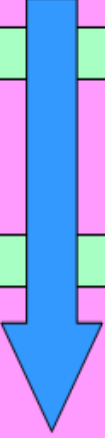
Come join us in the gym during your child's regularly scheduled PE/Music Class to learn fun dances

Family Evening Dance: Thursday, 7-9pm on November 10th.

Remember there is NO school Friday, November 11th which is Veteran's Day.

This year's dance has a Patriotic Theme. To learn more, click this [Dance Link](#)

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.



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 front 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.

FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 X a week
(cannot include PE)

Record what you did

Record how long you did the activity
a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = Upper Body Strength (arms/shoulders)

AB = Abdominal Strength (stomach)

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Example
Sun Riding Bike 30 min. C

X _____

PARENT SIGNATURE

X _____

STUDENT'S SIGNATURE

in student's handwriting

X _____

Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Friday, November 4th, 2011

October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Parent/Teacher Conference 1/2 Day	Parent/Teacher Conference 1/2 Day		Parent/Teacher Conference 1/2 Day Sept. Cal. Due	LEAP DAY No School	
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	K-2nd students can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. 3rd-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. All students & parents should sign their name on the left.				