



# Juanita Elementary January Fitness News 2012

**JUANITA  
ELEMENTARY**

Volume 13 Issue 5  
January 2012

A Monthly Newsletter  
Written by

<http://schools.lwsd.org/Juanita/staff/kohlwes/> Mrs. Lynn Kohlwes: PE Teacher

**INSIDE THIS**

What Your Child Did in PE in December	1
Goal Setting for the month of January	2
<a href="#">January Learning Targets</a>	2

## What Happened in Your Child's PE Class for the Month of December

### QUESTIONS TO ASK YOUR CHILD ABOUT PE BASKETBALL

1. In addition to the hoops, what were the targets that tried to shoot the ball into?
2. (3rd-6th grade only) Describe the game CAPTAIN BALL.
3. List some of the different games we played using a basketball.

### ANSWERS

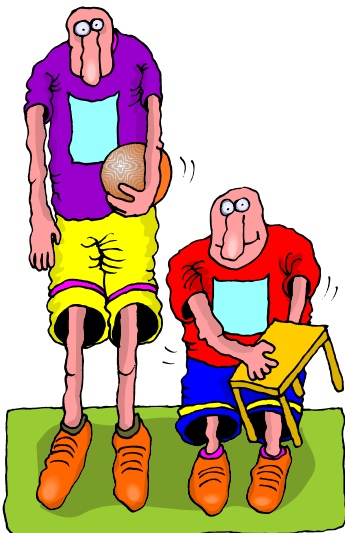
1. In addition to the hoops, we also shot the ball into the Tiger, Frog, and Silver Laundry, and Small and Large Buckets.
2. Click on this blue link to learn more about the game called [Captain Ball](#).
3. In addition to Captain Ball we also played [Dribblerama](#), [Dribblerama Shark](#), [Basketball Golf](#), and [Speed or Scatter Basketball](#).

Mrs. Kohlwes' PE Website

<http://schools.lwsd.org/Juanita/staff/kohlwes/>

Click on [Curriculum](#) and then

[Downloadable Games Activities and Lessons](#) found the top of the page.



Many of the games we play in PE can be downloaded off my website.

See web address.

All underlined blue titles are direct links to game descriptions or other information that is located on my website.



## GOAL SETTING FOR FITNESS

I don't believe in New Year's Resolutions, mostly because I find most of us don't follow through, but I do believe in setting goals. In the fall, your child was tested in the areas fitness and skills.

Specifically, in the area of fitness, students were tested in the following categories:

**Cardiovascular Fitness:** I can run for a designated amount of time without walking or stopping.

**Flexibility:** I can touch my toes (K-3rd) or I can reach a designated mark on the sit and reach board (3rd-6th)

**Upper Body Strength:** I can hang from the flex arm hang bar (elbows bent and at sides) with my chin above the bar for a designated amount of time. (kindergarten students did the crab walk instead)

**Abdominal Strength:** I can perform a designated number of sit ups without stopping to rest.

You and your child will receive a copy of their fitness test scores during their January Parent/Student-Teacher conference. On the back of their fitness/skill sheet is where your child can set some goals for improvement for when they are 're-tested' in the spring.

### 5 Rules to Live by if you're a Kid or an Adult Who Wants to Be Fit

1. Eat a variety of foods, especially fruits and vegetables
2. Drink a lot of water and milk (for calcium unless your lactose intolerant)
3. Listen to your body and know when it's "Full."
4. Limit "Screen Time." (that means, TV, Computers, Video Games, and Cell Phones)
5. Be Active. (Find ways to be active every single day, at least 60 minutes a day. This can be 60 minutes of continuous movement or short bursts of 5, 10, or 15 minutes that total up to 60 minutes)

This information is brought to you by [KidsHealth](#), a great website for parents and students. The blue title is linked directly to the **Kids Health** website.



### Lesson Objectives for the month of January

#### All Grades Bowling

Skills: Correct finger positions and steps to bowling  
Rotation Duties (bowler, pin setter, ball returner, end of the line)  
Modified Bowling Games: Charlie Over the Water, Straddle Bowling, Three, Six, and Ten Pin Bowling, Bowling Bingo and Fitness Bowling

