



# January News



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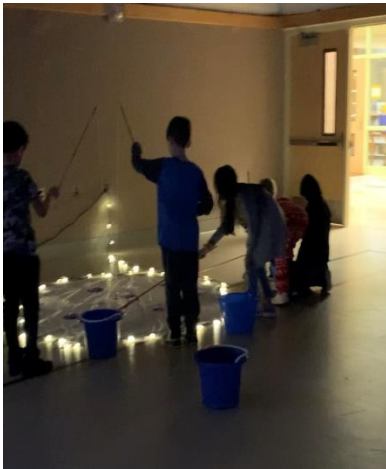
## ENGAGE YOUR CHILD ABOUT THEIR SCHOOL DAY ASK THESE QUESTIONS ABOUT THEIR PE CLASSES IN DECEMBER

### BOWLING

1. In addition to regular bowling, what other "Bowling Games" did we play?
2. What is the bowler's next job after they bowl twice?
3. What was your favorite "bowling" game?
4. What was your favorite "Winter Wonderland" Station?

### ANSWERS

1. In addition to regular bowling we also did Fitness Bowling, BINGO Bowling, and Midnight Bowling under the Lazer Light Stars
2. After the bowler bowls twice, it is their job to be the pinsetter and ball returner.
3. Answer will vary depending on what your child liked.
4. Answers will vary. The 6 stations were snowball toss, snowboarding, Ice Hockey Goal Shooting, Arctic Circle Hula Hooping, Snowmen Building, and Ice Fishing



Students Ice Fishing at one of the six stations during Winter Wonderland Week.



## UPCOMING EVENTS AND IMPORTANT DATES

EVENT	DATE & TIME
Martin Luther King Assembly	Thurs: Jan. 16 <sup>TH</sup> : 10:15-10:45
No School: Dr. Martin King Birthday	Mon: January 20 <sup>th</sup>
1/2 Days: Parent Teacher Conferences	Tues, Th, Fri
Students are dismissed at noon	January 28, 30 <sup>th</sup> , & 31 <sup>st</sup>



# I Know Where I'm Going Because I Know What I'm Learning

## Learning Targets for the month of January

### All Grades

**January 6<sup>th</sup>-10<sup>th</sup>**

**Free Day Choice (& underhand throw game called Lilly Pad)**

**January 13 -31<sup>st</sup> Putt Putt Miniature Golf**

### PUTT PUTT GOLF

**I can strike a golf ball using a putter without swinging it high in the air.**

**I know how to position my feet and body when putting a golf ball.**

**I can take turns.**

**I know where to stand when taking a turn.**



## OTHER IMPORTANT NEWS & INFORMATION

### DID YOU KNOW....

I send out a monthly fitness newsletter and send it out via bulk email. If you're not getting the Newsletter, check your junk mail, or, make sure your email address is updated with our school Registrar, Betsey Hill at [ehill@lwsd.org](mailto:ehill@lwsd.org).

**I have a 2 PE website with information about your child's PE program at Juanita El.**

### Both websites include:

1. Current and Past Fitness Newsletters
2. Upcoming Annual PE Events (like Mariner Baseball Night & Field Day)
3. Opportunities to Volunteer
4. Optional Extra Credit PE Homework and how your child can earn a Fitness Medal
5. My PE Schedule (listed on the top of page 1)
6. My Curriculum with links to printable games and fitness tests & grading standards

**Non Password Site** (Juanita El Site/PE) <http://juanita.lwsd.org/academics/physical-education>

This site includes basic information about PE including Optional PE Homework, schedules, newsletter etc...

**Username/Password Site** (PowerSchool/Haiku) at <https://lms.lwsd.org/do/account/login>

And then click on the **JUA-PE-Kohlwes** link. This site, since it is password protected includes basics and so much more such as photos and student names who have earned fitness prizes etc....



## PE EFFORT GRADE ON YOUR CHILD'S REPORT CARD

Although I assess your students in fitness and skills which is printed out on a personal fitness/skill report & sent home in January & again in June, only EFFORT is reported on the actual REPORT CARD for PE, Music, & Library.

Below is Lake Washington School District's Rubric for assessing EFFORT.



### **4: Exceeds standard:**

The student receiving a 4 demonstrates an excellent level of effort at all times. This student always pays careful attention to directions and is always prepared to participate. This student seeks extra help when he/she needs clarification to understand the instruction and accurately completes activities supporting curriculum concepts. This student moves beyond personal goals and focuses on actively contributing to others and the classroom learning experience.

### **3: At standard:**

The student receiving a 3 demonstrates a good level of effort most of the time. This student pays attention to directions and is prepared to participate most of the time. This student seeks extra help most of the time when he/she needs clarification to understand the instruction and accurately completes activities supporting curriculum concepts.

### **2: Approaching standard:**

The student receiving a 2 demonstrates a fair level of effort most of the time. This student sometimes pays attention to directions and attempts to participate. This student sometimes seeks extra help when he/she needs clarification to understand the instruction but needs direct supervision or a general reminder to complete activities supporting program curriculum concepts.

### **1: Not at standard:**

The student receiving a 1 does not show an adequate level of effort. This student consistently does not pay attention to directions and often does not participate. This student does not seek extra help when he/she needs clarification to understand the instruction and does not complete activities supporting curriculum concepts.

**N/A Not applicable:** This student does not attend this specialist class or is too new to be assessed.

## My Favorite Poem About Effort & the Importance of "Trying Your Best."

**THE RACE** by D.H. Grobert

Quit, give up, you're beaten"  
They shout at you and plead  
"There's just too much against you  
This time you can't succeed".

And as I start to hang my head  
In front of failures face  
My downward fall is broken by  
The memory of a race

And hope refills my weakened will  
As I recall that scene  
Or just the thought of that short  
race  
Rejuvenates my being

Children race, young boys  
Young men, how I remember well  
Excitement sure, but also fear  
It wasn't hard to tell

They all lined up so full of hope  
Each thought to win that race  
Or tie for first, or if not that  
At least take second place

The fathers watched from off the  
side  
Each cheering for his son  
And each boy hoped to show his  
dad  
That he could be the one

The whistle blew and off they went  
Young hearts and hopes afire  
To win and be the hero there  
Was each young boys desire

And one boy in particular  
Whose dad was in the crowd  
Was running near the lead and  
thought  
"My dad will be so proud"

But as they speeded down the field  
Across a shallow dip  
The little boy who thought to win  
Lost his step and slipped

Trying hard to catch himself  
With hands flew out to brace  
And amid the laughter of the  
crowd  
He fell flat on his face

But as he fell his dad stood up  
And showed his anxious face  
Which to the boy so clearly said  
"Get up and win the race"

He quickly rose, no damage done  
Behind a bit that's all  
And ran with all his might and mind  
To make up for the fall

So anxious to restore himself  
To catch up and to win, his mind  
went faster than his legs  
He slipped and fell again

He wished then that he had quit  
before  
With only one disgrace  
"I'm hopeless as a runner now  
I shouldn't try to race"

But in the laughing crowd he  
searched  
And found his father's face  
That steady look which said again  
"Get up and win the race"

So up he jumped to try again  
Ten yards behind the last  
If I'm going to gain those yards he  
thought  
I've got to move real fast

Exerting everything he had  
He regained eight or ten  
But trying hard to catch the lead  
He slipped and fell again

Defeat, he lay there silently  
A tear dropped from his eye  
There's no sense running anymore  
Three strikes, I'm out, why try?

The will to rise had disappeared  
All hope had fled away  
So far behind so error prone  
A loser all the way

"I've lost, so what", he thought  
I'll live with my disgrace  
But then he thought about his dad  
Whom soon he'd have to face

"Get up" the echo sounded low  
"Get up" and take your place  
You were not meant for failure  
here  
"Get up", and win the race

With borrowed will "Get up" I said  
"You haven't lost at all"  
**For winning is no more than  
this  
To rise each time you fall**

So up he rose to run once more  
And with a new commit  
He resolved, that win or lose  
At least he shouldn't quit

So far behind the others now  
The most he'd ever been  
Still he'd give it all he had  
And run as though to win

Three times he'd fallen, stumbling  
Three times he'd rose again  
Too far behind to hope to win  
He still ran to the end

They cheered the winning runner  
As he crossed the line first place  
Head high and proud and happy  
No falling, no disgrace

But when the fallen youngster  
Crossed the line, last place  
The crowd gave him the greater  
cheer  
For finishing the race

And even though he came in last  
With head bent low, unproud  
You would have thought he'd won  
the race  
To listen to the crowd

And to his dad he sadly said  
"I didn't do too well"  
"To me you won", his father said  
**"You rose each time you fell"**

