



March 2020 Fitness Newsletter



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Info About the rescheduling (and or refunds) for Mariner Night Juanita Annual Family Mariner Night:



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ENGAGE YOUR CHILD ABOUT THEIR SCHOOL DAY ASK THESE QUESTIONS ABOUT PE & LEARNING

1. What was your favorite game or activity that your class played in February?
2. Why do we need to leave the paddle or racket in the hoop when hitting an object?
3. What are some the paddles & rackets we used and what are some the objects that we could hit?

Answers

1. Answers will vary but some of games we did were Dungeons & Dragons, Line Tag, Run Rabbits Run Tag, Pink Knock Down, 4 Corner Dodge, Omnikin 4 Square, Timed Run Cardio Fitness Test and Racket/Paddle activities
2. We need to leave the paddle or racket in the hoop when striking/hitting an object so we don't accidentally hit someone else with our racket or paddle.
3. The paddles/rackets included plastic waffle rackets, hands, tennis racket frisbee, foam paddles, and badminton rackets. The objects that we could hit are the following: Foam tennis balls, birdie, Kush ball, balloons, fleece or yarn ball

UPCOMING EVENTS AND IMPORTANT DATES

EVENT	DATE & TIME
Feb. 18 th -March 12 th	Pre-Sale of Mariner Baseball Tickets
Thursday, March 12 th	Emergency School Closure
Friday, March 13 th	No School: All Day LEAP training for Juanita Staff
Monday March 16-Friday, April 24	School closure through April 4 th

For some fun PE activities to keep you and your child happy & active
Please go on either the Juanita El. Website at this link (no password needed)
<https://juanita.lwsd.org/academics/physical-education/optional-pe-homework>
or my PE Powerschool Site (Username and Password needed)
https://lms.lwsd.org/lkohlwes/jua-pe-kohlwes-2019-2020/cms_page/view

For help with Parent Access to Power School, please go to this link: <https://www.lwsd.org/help/guide-to-parent-logins>

STUDENTS LEARNING & HAVING FUN IN PE



Mrs. Allington's Kinders & Mrs. Newell's 1st grade students hitting a variety of objects with paddles & rackets.



Ms. Hale's 3rd grade students playing Omnikin Ball 4-Square

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

MARCH

Lesson Objectives for the month of March.

All Grades

Finish Racket Sports & Begin Fitness Testing

- I know the proper grip to hold the racket.
- I understand safety rules.
- I understand how different rackets or paddles move different objects
- I know "ready position" and where to stand on the court.
- I can volley a tennis ball, in control, during timed drills. (3rd-5th gr.)
- I understand how to properly hit the ball (underhand & overhead swing).
- I understand boundaries, scoring, and the basic rules of badminton (3rd-5th grade only)

LEARNING TARGETS



OTHER IMPORTANT NEWS & INFORMATION

JUANITA ELEMENTARY ANNUAL MARINER BASEBALL NIGHT

Our Choir auditioned in the fall and was invited to sing the National Anthem on the field for the 8th year in a row on March 27th.

I am working on rescheduling the game for either June 22nd, or next FALL. The original choir will still have the opportunity to sing



Once we know when we will be back in school, I will have more details.

In the meantime your checks have been VOIDED (in other words, I have them and they have NOT been deposited). For the 4 families that paid in cash, I will contact you via phone.

Please check the Juanita El. Website to use the Ticket Reservation Form once a new date is established. For more information go to

<https://juanita.lwsd.org/academics/physical-education/annual-mariner-night>

