

# PHYSICAL EDUCATION PROGRAM AT JUANITA ELEMENTARY 2019-2020

**Determination is not to the swift  
but to those who keep on running.**

## Mrs. Lynn Kohlwes: Your PE Teacher

Hello, my name is Lynn Kohlwes (*pronounced Cole-vus*) and I have been a teacher in the Lake Washington School District for 36 years. I began as a regular classroom teacher in grades 4-6th at Juanita, Samantha Smith, and Redmond Elementary & then I switched subjects and became a PE teacher. This is the beginning of my 25th year teaching Physical Education at Juanita Elementary.

In addition to being the "main" PE teacher at Juanita Elementary, in the past I also had to travel twice a week to another elementary to teach additional PE classes. This year I am traveling to Sandburg Elementary twice a week in the mornings on Monday & Thursday for four classes (each day)

My education includes a Bachelor of Arts in Elementary Education from Washington State University and a Master's Degree in Education Administration from Seattle Pacific University.

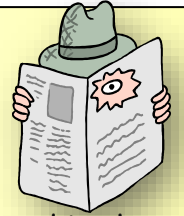
Although raised on Vashon Island, I have lived in Kirkland for 34 years with my husband Brian, a retired commercial fisherman. We have two sons, Kyle and Kory who attended school in Lake Washington School District. Both of my kids are also graduates of Washington State University. Go Cougs!

I love teaching and in addition I enjoy other activities such as technology, art and photography, outdoor activities, reading, travel, and family time.

## Monthly Fitness Newsletters

Once a month I send, via School Messenger, a monthly Fitness Newsletter to all parents who have their correct email registered in the office. If you do NOT receive my monthly newsletter, please check your "junk mail" or make sure your email address is updated with the office. Back issues of my Newsletters can be found at my website listed at the bottom of this page.

I also have extra copies on my PE Bulletin



## **PE REPORT CARD**

***Students are only given an "EFFORT" grade on their REPORT CARD for Physical Education based on the criteria stated below. You can see your child's weekly PE effort by logging into [Parent Access](#) on the Juanita website***

### SPORTSMANSHIP

I give encouragement to myself & others.  
I am honest.

I accept the calls of the teacher.

### ATTITUDE

I am positive toward myself & others.

I am positive toward the activity.

I am a good listener & can follow directions.

### PARTICIPATION

I try my best & don't give up.

### PREPARATION

I am wearing rubber soled, supportive shoes.

I am wearing easy to move in clothing.

# UNSAFE SHOES FOR PE

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.



## Mrs. Lynn Kohlwes: PE SCHEDULE 2019-2020

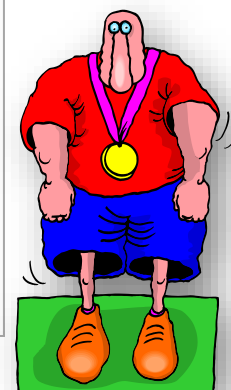


TIME & DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:20-9:50	At Sandburg 9:20-9:50 Staples-4 <sup>th</sup> grade	PLANNING	PLANNING	At Sandburg 9:20-9:50 Staples-4 <sup>th</sup> grade	PLANNING
9:40-10:10	At Sandburg: 9:55-10:25 Subcleff-2/3 <sup>rd</sup> grade		Newell-1 <sup>st</sup> grade	At Sandburg: 9:55-10:25 Subcleff-2/3 <sup>rd</sup> grade	
10:15-10:45	At Sandburg 10:30-11 Daly-3 <sup>rd</sup> grade	Hale-3 <sup>rd</sup> grade	Allington-Kinders	At Sandburg 10:30-11 Daly-3 <sup>rd</sup> grade	Hale-3 <sup>rd</sup> grade
10:45-11	Recess at Sandburg 11-11:15	ALL SCHOOL RECESS			Recess at Sandburg 11-11:15
11-11:30	At Sandburg 11-11:45 Schmitt-5 <sup>th</sup> grade	Sibley-3 <sup>rd</sup> grade	Capone-3 <sup>rd</sup> grade	At Sandburg 11-11:45 Schmitt-5 <sup>th</sup> grade	Capone-3 <sup>rd</sup> grade
11:35-12:05	Travel to Juanita 11:45-12:05	Evans-4 <sup>th</sup> grade	Terhune-4 <sup>th</sup> grade: 11:30-12	Travel to Juanita 11:45-12:05	Evans-4 <sup>th</sup> grade
12:05-12:35	LUNCH	LUNCH	LUNCH 12-12:30	LUNCH	Terhune-4 <sup>th</sup> grade 12-12:35
12:40-1:10	Sibley-3 <sup>rd</sup> Grade	PLANNING	Samandari-Kinders 12:30-1	PLANNING	LUNCH 12:35-1:05
1:05-1:35	Titus-1st Grade 1:20-1:50	Grosserhode-5 <sup>th</sup> grade	Mangan-5 <sup>th</sup> grade	Mangan: 5 <sup>th</sup> grade	Grosserhode: 5 <sup>th</sup> grade
1:35-2	PLANNING	PLANNING	15 MIN. GAP	PLANNING	PLANNING
2-2:30	1:50-2:30	George-2 <sup>nd</sup> grade	Miera-2 <sup>nd</sup> Grade 1:50-2:20	Miera-2 <sup>nd</sup> grade	George-2 <sup>nd</sup> Grade
2:30-2:45	ALL SCHOOL RECESS		EARLY RELEASE FOR STUDENTS 2:20	ALL SCHOOL RECESS	
2:45-3:15	Allington-Kinders	Maisto -Kinders		Maisto-Kinders	Samandari-Kinders
3:15-3:45	Niggemeyer-1 <sup>st</sup> grade	Titus- 1 <sup>st</sup> grade	LEAP for TEACHERS	Niggemeyer-1st	Newell-1 <sup>st</sup> Grade

For your child's success and safety in a physical education setting, please make sure your child wears rubber soled athletic shoes and easy to move in clothing. Please, no CROCS, sandals, boots, and high-heeled dress shoes. In addition, skirts or dresses or "sagging" pants are not appropriate on days your child has 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 side of this 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.



<http://juanita.lwsd.org/academics/physical-education>

## HOW CAN MY CHILD EARN A FITNESS MEDAL?

In September, and periodically throughout the school year I review with all the students on how they can earn a small prize and a "Fitness" certificate every month, and also how they can earn a Fitness Medal at the end of the school year. However, especially with younger students, parents need to re-explain at home and/or support their child's efforts if you and/or your child desires to complete "optional" PE fitness homework.

To earn small prizes, a student needs to complete one assignment per month, and turn it in complete and on time.

### All assignments are:

- Optional and Non Graded
- Gets the child's name published in the monthly fitness champs flyer (*posted on the HAIKU Website Only & Hanging on my PE Bulletin Board outside the office at Juanita Elementary*)
- Earns your child a certificate and a small prize (one prize a month)
- Earns your child a fitness medal at the end of the year if they do one assignment on time, every month for 8 out of the 10 months that your child is in school.

A child can choose to do a variety of assignments, or they can do the same assignment (for example, a fitness calendar) each month throughout the school year. Late Fitness Calendars will not be accepted. Fit Art & Fitness Is Fun Photos counts the month that I receive it. For example, if a child draws a picture in September but they do NOT give it to me until mid-October, the Fit Art assignment is credited for October.

### Fitness Calendars

*Due on or before the date found at the bottom of the calendar, and is due usually 3 to 7 days after the previous month has ended. It must be signed by both the student and their parent, and have their classroom teacher's name written on it.*

**Fitness BINGO:** More on this to come but similar to a fitness calendar with a "BINGO" twist and pre-set activities or Fitness Categories

### Fitness Art

No due date, the child simply gets credit the month they turn it in and they can turn it in at any time. The drawing must include them self, include using 5 colors or more, drawn on an 8 1/2 by 11 sheet of paper or larger, and have their name, their teacher's name & date written on the back. The student must also include a brief description of what they are doing and how it helps them keep fit. Younger students can "dictate" the sentence to their parents who then can write it for them.

### Fitness is Fun Poster:

I will only create one poster per year. *No due date, the child simply gets credit the month they turn it in...they can turn it in at any time.* Parents have to send me a photo. Please send 4 pictures or less via email, or have your child bring me photos and then I will take them home, scan them, and return the original picture(s).

My email address is [lkohlwes@lwsd.org](mailto:lkohlwes@lwsd.org)

### Fitness Goal Setting

You'll get more information on this after I complete Fitness Testing in the fall/early winter and then I send home the report in January. Reports are typically due two weeks after your January parent teacher conference.

### Online Bike Test (4<sup>th</sup> and 5<sup>th</sup> grade students only)

This is an online test testing their knowledge of bike safety. You will be getting the link to this test after the Bike Unit ends on October 6. The student is only allowed to take this test one time a year for "credit" towards their fitness medal. Taking this test DOES count towards their fitness medal.

### I can tie my shoe (Kindergarten-2<sup>nd</sup> grade Students Only)

Your child will get the opportunity to show me they can tie their shoe, unassisted 4 times a year but only can "earn" credit once. In other words, if they can show me they can tie their shoe in October, they do NOT need to show me in the other 3 testing months. *The four "testing" months: End of October, February, and April and the beginning of Jun.*

Learning to tie your shoe does NOT count as fitness so it does NOT count as an "assignment" for the month towards earning their fitness medal.

### Secret Word & Question

Once every 2-3 weeks I put a "secret" word and a question on my HAIKU PE website. If you and your child find the secret word and answer the question and email me both at [lkohlwes@lwsd.org](mailto:lkohlwes@lwsd.org) your child will receive a pencil and an eraser. The purpose of this is to get students and parents to explore my HAIKU website and learn more about what your child is doing in their PE program. The secret Word and Question does NOT count as fitness so it does NOT count as an "assignment" for the month towards earning their fitness medal.