



October Fitness Newsletter 2019

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October Learning Targets

Coming Soon School Dance Week

My PowerSchool PE Website

Mrs. Lynn Kohlwes: Juanita Elementary PE Teacher

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

K-3rd Grade

1. Name and describe to your parents one of the tag games we played.
2. If the person who is "IT" says 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?

4th & 5th grade Only

1. Name and describe to your parents the three hand signals we use to slow down, turn right, or turn left.
2. Who has the right of way if all 3 people arrive at a stop sign with a crosswalk at the same time. The pedestrian, the car driver or the bicyclist.

ANSWERS

K-3rd Grade

1. Depending on the grade level your child played most or all of these games. K-2nd: Run Rabbits Run, Pounds and Puppies, Kings & Dragons, Scooter Tag & Batman Robin Tag. 3rd grade played these games plus and Color Tag.
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 time during the year.
4. The tag game that almost everyone gets to be it is Pounds and Puppies. For K-3rd and Color Tag for 4th & 5th

4th & 5th grade Only (see page 3 for answers)



UPCOMING EVENTS AND IMPORTANT DATES

EVENT

PTA Jag A Thon

Parent/Teacher Conf.

All Day LEAP:
No School

DATE & TIME

Fri. Oct 11th

Oct 14, 15, & 17th

Friday, October 18th, 2019



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

Kinders & 2nd Grade: Lunch Recess 11:40-12:10 Lunch 12:10-12:30
 1st and 4th Grade: Lunch 12:30-12:50 Lunch Recess: 12:50-1:20
 3rd grade: Lunch 11:50-12:10 Lunch Recess 12:10-12:40
 5th grade: Lunch Recess 12:15-12:45 Lunch 12:45-1:05



[Click her for weekly PE schedule](#)

DO NOT WEAR THESE SHOES TO PE. PLEASE!



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.

THANKS TO ALL MY BIKE VOLUNTEERS

I COULD NOT HAVE DONE THE BIKE UNIT WITHOUT YOUR HELP

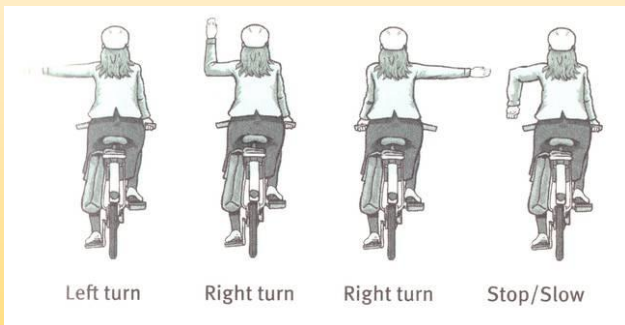
Juan Johnson	Daniel Qi	Heidi Davidson	Edwin Espinoza
Valerie Magdalin	Lisa Michelet	Andrea Hallberg	Deanne Dhara
Jennifer Patenaude	Keith Schaff	Liz Kumin	Clay Carmouche
Natalie Drennon	Ronald Poon	Casey Stroh	Adriana Negrete
Levi Brown	Sean Schwender	Frank Lucarelli	Carolyn Schwab
Charlie Kim	Melissa Baker	Simone Tanke	Edie Brumant
Megan Melby			



ANSWERS

4th & 5th grade Only (see page 1 for questions)

1.



2. Pedestrians always have the "right of way" over a car or bicyclist.

PRIMARY STUDENTS HAVING FUN IN PE AT SKILL STATIONS & SCOOTERS



Mrs. Miera's 2nd grade Class Cupstacking Tall Towers



Mrs. Maisto's Kinders Building Hula Huts



Miss George's Class riding Single & Double Scooters and Pushing, Hitting, & Kicking Omnikin Beach Balls



Mrs. Niggemeyer's Class working on Racket Sports & Balance Discs



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



Cardiovascular Fitness (Paced Jogging)

(All-Grades) Jogging: Proper Stretching, Pacing, Hydrating.

In addition, each class will practice walking, jogging, or running on the course for annual PTA Jag A Thon on Friday October 11th.

PTA Jag A Thon Schedule (Fri., October 11th)

During the School Day on the Lower Field

More Tag & Cooperative Games,
Basics on Hula Hooping



OTHER IMPORTANT NEWS & INFORMATION

JUANITA ELEMENTARY ANNUAL DANCE WEEK AND FAMILY EVENING DANCE

Dance Week: November 12-15th, 2019

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

Family Evening Dance: Friday, 7-9pm on November 15th

This year's dance theme is a Cowboy Theme More to come in November's Fitness Newsletter.

POWER SCHOOL HAIKU WEBSITES: Parents & Students log in to my PE PowerSchool/Haiku website at <https://lms.lwsd.org> If you don't have a Parent Access account, go to the LWSD website at <http://www.lwsd.org/help/parent-access-support> to create an account. If you have any problems registering for Parent Access, send an email to ParentQuestions@lwsd.org.

