

Fitness is FUNdamental!

North School Physical Education—August Newsletter

P.E. SHOES

Every day in physical education we stress safety. That safety starts with you, and that is why I'm asking for your help. Please make sure on p.e. days that your child is equipped with tennis shoes that will enable them to move safely in class. *These shoes DO NOT include Crocs, Sperry's, slip on shoes (ex-BOBS, Vans) thick-soled shoes, cowboy boots, fashion boots, flip-flops, dress shoes, wedge heeled shoes, sandals, shoes with small straps on top that leave the top of the foot exposed, open toed/open heeled shoes, or heelies.* Tennis shoes that cover the whole foot are the safest and most appropriate for physical education. If your child does not have proper tennis shoes on they will be asked to sit out of that day's activities for their safety.



NOTES FROM HOME

It is difficult for me to keep informed of each student's absence and seasonal health concerns since classes do not have physical education every day. If you feel your child is too ill to participate in our daily activities, especially if they are returning to school after being absent due to illness, please send a note with your child. A note is also appreciated if your child suffered an injury outside of physical education and is unable to participate. This helps me to keep informed and helps to ensure the continued healing of your child.

DAILY P.E. SCHEDULE

Need to know what day your child has physical education? There are several ways you can find this out. You can download two different schedules from the p.e. webpage, or simply look at the fitness calendar attached to the monthly newsletter. Each day indicates which group has physical education that particular day. Need to know which group your child belongs to? Check out the listing below:

GROUP A: Phillips, Carter, Hudson, Bruce, Gosche, Gourley

GROUP B: Schaefer, Dooling, Lee, Griggs, Stafford, Lawson

GROUP C: Thorne, Lueckenhoff, Moats, Starke, Stoner, Wood

**Mrs. Brewer's third grade class and Mr. Stephen's grade class will be broken up into 3 different groups for "specials." You will find out from the classroom teacher whether your child fall under Group A, B, or C.*

PE ALERTS

If your child has to sit out of class for any reason a "PE Alert" slip will be sent home. This alert will need to be signed by you and returned to me the next day. This is to keep you informed of any problems that arise in physical education or if your child was too ill to participate.

physical education



"every child is a winner when they try their very best!"

BOX TOPS FOR EDUCATION

North School participates in Box Tops for Education as a means to supplement the yearly p.e. budget. The money earned through the thousands of box tops collected has benefited every child at North School in various ways. A new parachute, badminton nets, soccer nets, and scooters are just a small sample of what has been purchased with box tops funds. Please continue clipping box tops to improve your child's experience in physical education. You can deposit your box tops in the collection box near the main office. As you send them in please check the expiration date on the bottom of each box top. Expired box tops cannot be sent in. And please do not put them on paper, unless we are doing the Race to Collect competition. YOUR SUPPORT AND EFFORT ARE GREATLY APPRECIATED! THANKS FOR MAKING OUR PROGRAM THAT MUCH BETTER!!



ELEMENTARY FITNESS CALENDARS

Having difficulty coming up with new ideas to keep your child active at home? Each month you will receive the fitness calendar, which provides a different physical activity each day. Students in kindergarten and first grade will receive a fitness calendar that helps them to develop various basic skills. A different fitness calendar will be given to grades 2-5 that will challenge students to work at a higher level, yet activities are very appropriate and fun. Modify activities to best fit your environment. Physical fitness can be fun if we make it that way, and if we model to kids the importance of making it a lifestyle, not just something that is done each week in physical education.

Remember...Fitness is FUNdamental!



It's time to sign up for 5th grade football and softball!! Registration and t-shirt forms and will be making those available to students. They can also be downloaded from the North p.e. website. These are due to me by 3 p.m. Wednesday, Aug 26...no later!

COACHES NEEDED!! If you would like to coach your child's team please let Ms. Koestner know!

MONTHLY BONE & MUSCLE

Every month we highlight a muscle and bone in physical education. This will begin in September. As the year progresses, quiz them and let them impress you with their knowledge of their anatomy by showing you their spotlight muscles and bones!



PHYSICAL EDUCATION WEBSITE

Make sure to check out the North School p.e. website. There you will find information pertinent to the physical education program, updated athletic information, and much more!

JCPS Elementary Physical Education Mission Statement

A physically educated student has learned skills necessary to perform a variety of physical activities, knows the implications of and the benefits from involvement in physical activities and values physical activity and its contributions to a healthy lifestyle.