



Physical Education News from the gym Fall 2007

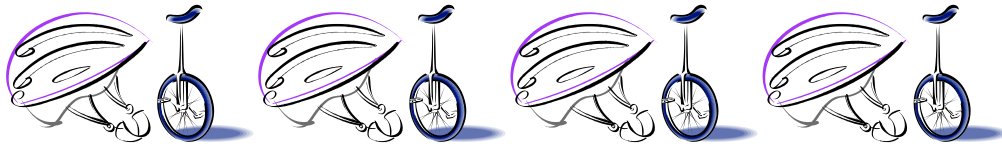


Welcome to school for all new and returning students!

In order to be better prepared to fully participate in PE classes it would be helpful to wear a sturdy pair of rubber soled shoes, or have them in your locker ready for use during class.

The following is a schedule of the different days classes will have PE.

Todd M,T,F	Rebecca T,W,F	Teresa T,Th	Steve M,Th,F
Crystal T,Th,F	Julie M,W,F	Jo/ Sandra M,W,Th	Rick M,W,F
Katie T,Th	Lori T,W,Th	Nora T,W,Th	Laura T,W
Mari M,W,Th	Liz T,Th,F		



Also, if you're interested in participating in a once a week unicycle club during lunch, bring in your own bike helmet if possible. We do have helmets at school for student use, however it requires wearing a haircover for health reasons. The day of week is yet to be determined (most likely Wednesday or Thursday).

As we begin the school year, our focus will be on personal and community safety, sportsmanship, playground games, rules and why they are necessary.

For 3rd grade and up, we will be doing the Fitnessgram fitness assessment throughout the year to show individual improvement and physical growth. We will do this by using the 5 components of fitness which are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition (height & weight).

Volunteers would be helpful for gathering and entering this data.

New this year, 5th graders will participate in a pilot classroom based assessment titled Concepts of Health and Fitness. Together, we will reinforce the 5 components of health and fitness and then students will write a "Get Fit Summer" plan based on their own interests and goals sometime in May.

The district partnership with Cascade Bicycle Club continues this year. We will be focusing on bicycle safety for three weeks beginning November 5, 2007. Cascade BC will deliver a classroom set of bikes for use during this time. We will also have a limited number of our own bikes available for student use.

If you have questions or comments, my school phone number is 206-252-5260

Looking forward to a great year,

Sue Doty

PE Teacher AE2-Decatur

