

JOHN MUIR PHYSICAL EDUCATION PROGRAM



Vision: All students develop a personal commitment toward a healthy, active lifestyle.

Dear Parents,

The Lake Washington Elementary Physical Education Program is a student centered, highly organized, progressive, developmental program. Our curriculum emphasizes life skills and social skills such as integrity, caring, perseverance, sportsmanship, participation, cooperation, respect for others, fairness and honesty while it nurtures positive choices regarding fitness, health and leisure activities.

A high priority in Physical Education is the display of **sportsmanship** and the regards of safety for self and others. **Your help is appreciated if you would have your child wear safe, flat soled shoes, or tennis shoes and not to wear jewelry on days of Physical Education.** By helping your child to develop skills and positive physical fitness habits at home, it will surely benefit the child now and in the future. Please refer to the list below for your child's PE days. If your child will miss more than **2 consecutive** days of PE please send a parent or doctor's note.

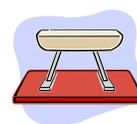
Below is a list of some of the activities your child may be participating in:

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|-----------------------------------------|----------------------|
| Flag football(4-5) | Basketball |
| Lacrosse(4-5) | Pogo sticks |
| Bowling | Rope skipping |
| Volleyball | Floor Hockey |
| Pickle-ball | Tennis/racket skills |
| Badminton | Rhythmic dance |
| Scoters | Individual stations |
| Gymnastics/Tumbling | Cooperative games |
| Rope Climbing | Soccer (K-3) |
| Stilts | Hula hoops |
| Bike Unit 3-4 (depending on class size) | |

“MOVEMENT is a medicine for creating change in a person's physical, emotional, and mental states.”
~Carol Welch

PE CLASS SCHEDULE

- | | |
|------------------------------|-----------------------------|
| Arnold— Wed, Friday | O'Brien—Wed, Thurs |
| Losh—Mon, Tues, Thurs, Fri | Plese—Mon, Thurs |
| Gonzales—Tues, Thurs | Shiels—Tues, Friday |
| He— Tues, Friday | Short—Tues, Wed |
| Henson—Mon, Tues, Thurs, Fri | Socci—Mon, Tues, Thurs, Fri |
| Kanehen—Mon, Thurs | Tanner— Mon, Thurs |
| Landick/Smith—Tues, Fri | Tucker—Mon, Thurs |
| Matthews—Wed, Friday | Van Den Bos Tues, Friday |
| Morison—Tues, Friday | Wilson—Mon, Thurs |
| Murk—Mon, Wed | |



If you have any questions concerning the Physical Education program, please feel free to contact me at 936-2640 Thank you for your support.

Kim Elliott
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