

Welcome to Shannon Elementary PE!

Coach Jean Russell

Conference: M-F 9:45-10:30

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The kids call me, "Ms Coach Russell" and I love it! 😊 I've been teaching at Shannon Elementary since it opened ten years ago. This will be my twenty third year in public education. Prior to that, I taught PE for ten years at Richland College, and two years at Heritage Christian Academy. Unlike classroom teachers, I have your children every year, allowing me the privilege of watching them grow and develop from 4-12 years of age! Building a positive relationship with your child is my number one goal. As the year unfolds, I look forward to getting to know your child, and helping him/her become the best they can be!

All KN-5th grade students are required by TEA to have "135 minutes of moderate to vigorous physical activity every week". To promote safety, success, comfort, and prevent injuries, students need to wear proper shoes on the days they have PE. Wearing the wrong shoes can impact a student's safety. Boots, sandals, slip-ons, flip-flops, or even dress shoes can get in the way of simple activities like running, jumping, and stopping.

OKay Shoes for PE

Footwear must have a rubber sole, provide support (ankle, arch, & shock absorption). Shoes should cover the entire foot, (no open toes or heels), and have adjustable straps, laces, zipper, or Velcro. (Example, tennis shoes, basketball shoes, cross-trainers, running shoes, etc.)

Not Okay Shoes for PE

Dress shoes (of any kind), boots, sandals, open toe /open heel shoes, slip-ons, (crocs, vans, toms, etc.)
Shoes with permanent "loose laces".

Options...

If your child has a difficult time remembering which day to wear PE shoes, simply have them put their PE shoes in their backpacks each day. They are more than welcome to change their shoes at the beginning of class!

Consequences

Students will receive 2 "Grace Days" per 9 weeks grading period. After their 2nd offense they will begin losing daily points, for lack of participation due to shoes.

Shoe Tying

Having shoes that are tied is a safety issue. We are constantly on the move in PE and it's important that laced shoes are tied. Untied shoe laces can be a common problem in PE due to the short duration of our class time, and large number of students. There simply isn't enough time for me to tie shoe laces and teach. Please work with your child and help him/her practice this developmentally appropriate skill if they do not have mastery yet.

Illnesses

If your child is unable to participate in moderate to vigorous activity due to illness, surgery, etc; please email, or send a note to me. (jean.russell@rockwallisd.org) If the illness is for an extended period of time, please attach a Dr.'s note.