

Welcome to Cardiff School's Physical Education Program
PE with Mrs. Jones!

Welcome Cardiff Families,

I can't believe this is my 13th year as the PE teacher at Cardiff School! I am looking forward to another fun year with your kids. I feel very lucky to be working outside and teaching in such a wonderful community. I love not only getting to know your kids at school but also seeing them at the beach, at the baseball fields, and at the grocery store.

I'd like you to know a little about me so you can understand my love for teaching physical education. I grew up loving the outdoors, my family loved to camp, and I was always at the beach. My first love was basketball and the LA Lakers. My favorite memory as a kid was my first Lakers game in 3rd grade, the best day of my life:) In High school I started playing Volleyball and left basketball behind. It worked out because I was lucky enough to play volleyball at Point Loma Nazarene University in San Diego. I graduated with a degree in Child Development and taught preschool for over 5 years before coming to Cardiff to teach PE. Teaching physical education at Cardiff was the perfect job combining my love for sports and staying active with my skill set of teaching young kids. My husband and I have 2 boys and we spend most of our time at the baseball fields, the beach, or Petco Park cheering on the Padres. Going to Padres games with my kids now, I'm reminded of what it was like to be a kid watching the Lakers and how much it inspired me. Even though I love and have always played team sports, I always stress to my own kids the importance of balance and having a passion that you can do on your own and anywhere in the world. Participating in team sports has taught me leadership skills, lessons in commitment, and hard work and my love for being active outdoors has kept me healthy mentally and physically.

It is a privilege to help facilitate a love for learning in your kids and help them develop skills to be successful in whatever physical activity or wellness journey they decide to pursue. I hope to inspire them and help give them the confidence they need to pursue their passions.

In PE our number 1 rule is to have fun! We learn many life skills along the way, such as teamwork, perseverance, respect, collaboration, compassion, and conflict resolution. We start the year with cooperation games and practice moving around safely while respecting others personal space. We practice lead up skills such as throwing and catching, we get our heart strong by doing a jump rope warm up, and we do exercises that teach us about different muscles in our body. The second half of the year we will take the skills we learned and apply them to different games and sports. I always aim to teach in fun and creative ways, keeping everyone moving, and always accommodating all skill levels and abilities.

I am looking forward to another great year. You are always free to reach out with any questions or concerns!

Mrs. Jones

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