

# 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, fair play, participation, cooperation, respect for others, and honesty while it nurtures positive choices regarding fitness, health and leisure activities.

A high priority in Physical Education is the display of fair play 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 avoid wearing 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 needs to have limited or not participate in PE due to injury or illness please send a parent or doctor's note so we can meet their needs.

**Below is a list of some of the activities your child maybe participating in:**

- |                         |                           |
|-------------------------|---------------------------|
| Bowling                 | Soccer                    |
| Rope skipping           | Basketball                |
| Hula Hoops              | Juggling Skills           |
| Tag Games               | Parachute Games           |
| Yoga Poses              | Cooperative Games         |
| Volleyball              | Cup Stacking              |
| Floor Hockey            | Rock Wall Travers         |
| Racket skills Badminton | Gymnastics/Tumbling       |
| Rhythmic dance          | Rope Climbing             |
| Scooters                | Fitness Testing PACER Run |
| Individual stations     |                           |

**PE Class Schedule**

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 5 <sup>t</sup> Kanehen – Tues, Fri    | 2 <sup>nd</sup> Shiels – Tues, Wed    |
| 2 <sup>nd</sup> Moore – Mon, Wed      | 2 <sup>nd</sup> Ryan – Wed, Fri       |
| 5 <sup>th</sup> Murk – Mon, Wed       | 1 <sup>st</sup> Gonzalez – Mon, Thurs |
| 4 <sup>th</sup> Morison – Tues, Thurs | 1 <sup>st</sup> Taylor – Tues, Fri    |
| 4 <sup>th</sup> Please – Mon, Wed     | K Molavi – Wed, Thurs                 |
| 4 <sup>th</sup> Jaclyn – Wed, Fri     | K Camera – Mon, Tues                  |
| 3 <sup>rd</sup> Lor – Tues, Thurs     | K Tanner – Thurs, Fri                 |
| 3 <sup>rd</sup> Fisher – Wed, Fri     |                                       |
| 3 <sup>rd</sup> Tucker – Mon, Thurs   |                                       |

If you have any questions concerning the Physical Education program, please feel free to contact me at 425-936- 6429 Thank you for your support.

Jeff Rothenberg Physical Education Teacher jrothenberg@lwsd.org