

Welcome to Union Park School

Physical Education!



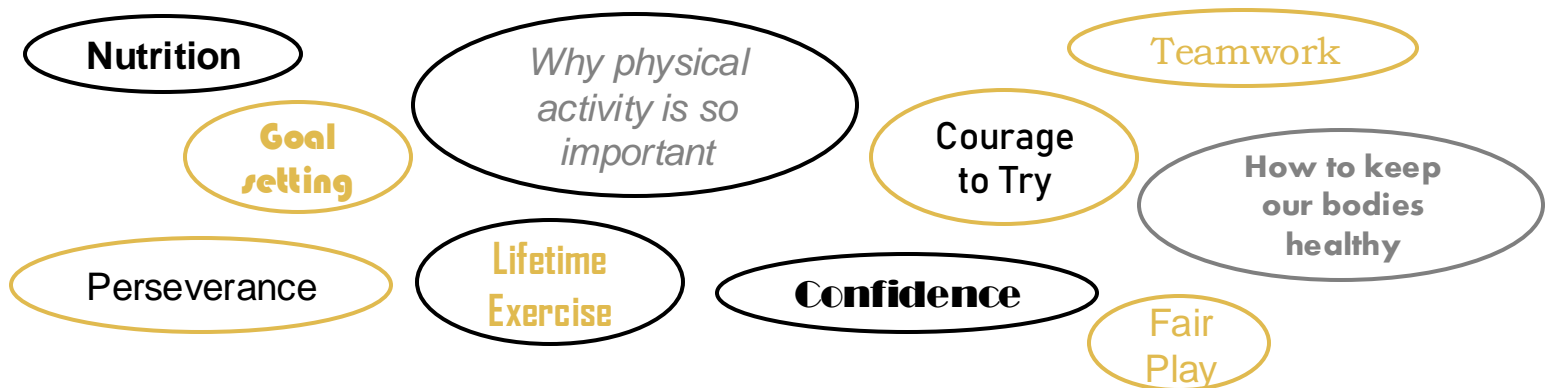
About Me:

- I have been a fitness instructor/personal trainer since 2014
- I graduated with a Masters in Physical Education from ASU in 2023
- This is my 3rd year teaching physical education in a public school
- I am a wife of 22 years to my husband who is my best friend
- I am the mother of four awesome kids who are 18, 16, 14, and 12
- I LOVE learning, the outdoors, exercise, cooking, building things, and being with my family

My name is **Lisl Nixon**,
and I am your new
PE Teacher at
Union Park Elementary!

My Teaching Philosophy:

It is my pleasure and privilege to teach your children how to be physically literate so they can live life to its fullest. **Physical literacy** means knowing all the ins and out of how to move well and be physically active, not just how to play sports or throw and kick a ball. We are the only class which **covers all three learning domains**: psychomotor, cognitive, affective. The skills your children gain in physical education will have real-world application for their entire lives! This is all done through a fun, engaging, developmentally appropriate and thoroughly planned curriculum. In other words, **your children learn a lot more than you think in my class!**



.....and so much more! Because I am a **physical educator, personal trainer, and corrective exercise specialist**, they will also learn how to avoid many common injuries caused by improper body mechanics used during physical activity, and how to avoid a lot of other preventable diseases like heart disease, diabetes, obesity, and others. These preventable injuries and diseases cost parents hundreds of millions in healthcare costs every year, and when children become adults themselves, cost billions. Not only that, they cost a great deal in quality of life. Our children deserve physical education, because EVERYONE can use this knowledge for a lifetime. *Beat that, calculus!*

In my class, I have only 3 rules:

1. DO YOUR BESTnot *the* best, *your* best! All I ask is that you try.

2. WHISTLEthis means you freeze, hands on knees, eyes on me, lips zipped. We move and transition a lot in physical education class.

3. RESPECTrespect yourself, respect the teacher, respect each other, respect our equipment and space.

What my Lessons look like:

-Intro/Warm up: 5-7 minutes

Upon entering our gym, students play a fun, quick creative game and stretch; then they are introduced to what they will learn today

-Lesson: 25-30 minutes

Students learn and practice strength/ power/ agility/ flexibility/fitness in fun, dynamic ways.

Students learn a new skill or two each lesson, ranging from individual skills to all kinds of team sports skills; we play many types of games!

-Cool Down: 3-5 minutes

Students cool down and stretch, make connections, and we share how they can extend what they learned to outside of school

Things to remember:

-Have your child wear close-toed shoes to school on PE days; PLEASE, NO CROCKS. This is for safety.

-Have your child bring a water bottle to class; it is much easier and quicker to drink in line to and from class.

Stay tuned for emails sent with highlights of what your children are currently learning, and ideas for how you can extend this learning in your homes.

Gaining physical literacy myself, after years of dysfunction and pain, is what led me to this profession.

Having the chance to pass on this valuable knowledge is a privilege. Growing up, I used to be the slow, broken kid who was embarrassed in PE. I will never leave anyone out; I will never leave anyone behind. I am dedicated to each individual's success.

I look forward to hearing from you and interacting with you throughout the year.

Lisl Nixon

Pronounced
"Leezul"

Office location: the gymnasium

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