

Ms. Knies



Ms. Donnell



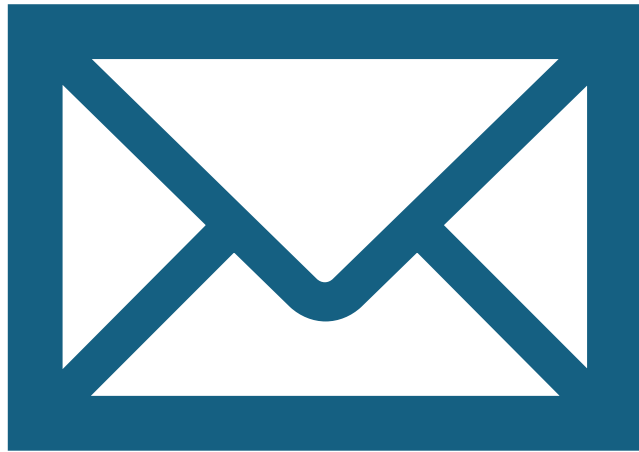
Mr. Semore



Mr. Haworth



P.E. / FITNESS TEAM
6th Grade Fitness - 7/8th Grade Fitness



Teacher Contact Info

- You can reach any of us on Parent Square or the following emails:
 - Madeline Knies mknies@lwsd.org
 - Sarah Donnell sdonnell@lwsd.org
 - David Haworth dhaworth@lwsd.org
 - Chris Semore csemore@lwsd.org
- Please send an email, ParentSquare, or note with your child if they are injured or sick and you want to excuse/modify Fitness classes. It's also helpful to include when they can return to regular class.

PE - DAILY ROUTINE



Enter the locker rooms and dress out for class
(students have 5 minutes after the bell rings for this)



Come out to the gym and sit in their assigned squad spot



Stretching & Warmup



Daily lesson (skills, games, etc.)



5 Minute before the bell rings students have time to change into their school clothes for their next period.

A TYPICAL WEEK IN PE/FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton	Badminton	Eagle run	Badminton	Fitness Day
Team Sport or class sport	Team Sport or class sport	16-minute run & walk 2:1 ratio 1 st quarter 3:1 ratio 2 nd quarter	Team Sports or class sport	Mix of flexibility, muscular endurance, and strength workout

In a typical 5 day week there are 3 days of sports unit, 1 Eagle Run (Cardio day), and 1 Fitness Day.

Fitness Days change based on teacher:

Knies/Semore - Mondays

Haworth – Thursday

Donnell - Fridays



Fitness Clothes

- Students are required to wear an EMS Fitness T-shirt every day in class. These cost \$8. Need an additional shirt? You can purchase online or at school.
- Fitness shorts, yoga pants or sweatpants need to be worn during class.
- Socks and tennis shoes are a requirement
- Hair tie to pull back long hair
- Sweatshirts and warm clothes should be kept in the fitness locker. You may want extra socks and older shoes for wet/rainy days.
- No dangly jewelry or hoop earrings
- Take home clothes for cleaning on the weekend but remember to bring back on Monday!





Grading Practices

- At the end of each two-week unit, students should check Skyward for current progress.
- Students have the opportunity to earn up to 10 points for each day of Fitness. Any day that students are absent or excused due to sickness/injury they are expected to make up.
- Daily grades are determined by students' quality of participation by the level of effort, attitude, warm-ups, sportsmanship, safety, cooperation, attention and preparedness.

*How you can
help your
child be
successful in
Fitness.*

- Send a note in with your child if they need to be excused for the class that day due to illness or injury.
- Provide access to fitness clothing and proper shoes for safety and movement.
- Encourage students to be active outside of class, especially if students need to make up a Sports Day unit. Some ideas include family walks, bike rides, sports, or active games.
- Celebrate effort and improvement, not just performance, to build confidence.