

McDonald International School



P.E. Newsletter

Physical Education information from Ms. Fleck

Autumn Edition

October 2017

volume 1, issue 1

A Special 'Hello' to New Families

If you are new to our school, "Welcome!" We are glad to have you. I'm enjoying teaching your students Physical Education again this year. This is my fourth year teaching Physical Education at McDonald. It's been wonderful getting to know your kids and teaching them fun ways to be active. I will always make time to chat with you about your child, or any questions about P.E. you might have. It can be big or small – no problem. You can e-mail me, or find me at morning bus duty daily from 7:40-7:55am on the north side of the school. efleck@seattleschools.org.

Seattle Public Schools P.E. Mission Statement

Seattle Public Schools is committed to providing a quality Physical Education Program that builds cognitive knowledge, lifelong fitness, movement skills, social / emotional well-being and confidence so all students can enjoy a healthy active lifestyle.

Physical Education Schedule

Grade	morning teacher	days
K	Profe Mayte	Tuesday & Thursday
K	Ms. Grue	Wednesday & Friday
K	Michiko Sensei	Monday & Friday
1	Seniorita MaryLynn	Tuesday & Thursday
1	Ms. Rachel	Wednesday & Friday
1	Frau Schroeder	Monday & Thursday
2	Maestra Maria	Tuesday & Friday
2	Ms. Brooke	Monday & Friday
2	Reiko Sensei	Tuesday & Wednesday
3	Ms. Bernard	Monday & Thursday
3	Ms. Roughton	Monday & Wednesday
3	Maestra Morris	Tuesday & Thursday
4	Ms. Vandermeulen	Tuesday & Friday
4	Keiko Sensei	Monday & Friday
4	Seniorita Kelli	Tuesday & Thursday
4	Ms. Oakley	Wednesday & Friday
5	Pink Fluffy Unicorns	Monday
5	Rolling Stones	Wednesday
5	Radioactive Unicorns	Thursday

Fall Fitness Measurements

You child may tell you about running the PACER in P.E. While all students run the PACER (the Progressive Aerobic Cardio-respiratory Endurance Run), students in grades 3 through 5 also track their progress for curl-ups, push-ups, and for Sit and Reach (a measure of flexibility). These are part of the P.E. curriculum that all SPS teachers deliver to students, known as Five for Life. You can ask your kids in grades 3 through 5 if they know the 5 components of health-related fitness. (*answer: muscular strength, body composition, flexibility, cardio-respiratory endurance and muscular endurance.*) Also, ask them to teach you the way we do the curl-ups or push-ups for the fitness measurements. It's very specific, and challenging! Students will be making goals for each of the 4 fitness tests and try to reach those goals this year through practice and perseverance.

Dance Curriculum from PNB (K-Grade 2)

In November, students in kindergarten through second grade will be taught concepts of dance in P.E. Our school is one of 5 schools in SPS that is teaching this new curriculum, recently developed in partnership between SPS and Pacific Northwest Ballet. Students will move in self-space and general space, explore levels, speed, and direction. It affords kids a great deal of creativity which they really seem to enjoy!

"Fifth graders have P.E. in groups that combine some classes, so students came up with class names."



"Each of these groups has one weekly P.E. class for 45 minutes."



"It's cool that it helps Ms. Fleck keep her files organized, but I'm glad she doesn't call us unicorns every day, we're kids!"



(see reverse/next page)



My Teacher Goals

My personal goals as your students' teacher are to:

1. To present an environment that engages all students (to learn, have fun and stay involved).
2. To foster an classroom culture in which students feel safe and supported by their peers.
3. To help students challenge themselves and build confidence.
4. To help students be their best, using a positive attitude and best effort - both of which are great life

Recess Games Review in P.E.

With grades 2-4, I've taught the classic version of Four Square. Also, grades 1 and higher learned/reviewed kickball rules in the gym. It was great to see so much excitement! (and learning!!) Remember that you can use the playground on the weekends!!

November Conferencing

On both Monday and Tuesday, November 20 and 21, I will be at school all day in order to conference with families. While it is certainly optional, I'd be delighted to meet with you to answer any questions, or to learn more about your child from you. If you don't pre-arrange a conference with me, feel free to flag me down to say 'Hi' if you have a few minutes to check in.

Volleyball starting in late October

Students in grades 3-5 will begin the volleyball unit in late October. They will practice underhand hits (bumping), overhead hits (setting), and serving. We'll practice rotating in formation and the important habit of calling your hits. Students in younger grades will have some ball striking lessons with beach balls!!

What is the 'P.E. Password?'

Each week there is a password, which students need to tell me, or figure out with some clues, prior to P.E. class activities. It is posted each Monday on the P.E. bulletin board (on the second floor outside of the main office). The word is sometimes a school core value, vocabulary word, or key concept of P.E. learning. Ask your child if he or she knows the password this week, or any from previous weeks.

Jumping Rope in December

All P.E. classes will have some jump rope lessons in December. Jumping rope is a creative, fun way to get cardiorespiratory exercise!

Volunteering in P.E.

I enjoy having helpers in the gym, and would love to hear if there's a special area that interests you. Please reach out if you would like to work with our youngest learners in small group instruction or help teach a skill that you possess!

Free Kids Dash November 19

Imagine lots of McDonald International School students running at Greenlake on Sunday, Nov 19? It's the Green Lake Gobble! I've signed up for the 5K race (\$35), but there's a free kids' dash, as well. Proceeds from any cash and can donations benefit Seattle Union Gospel Mission. Find out more here: <http://promotionevents.com/tg/home.html>

Kindergarten ELF curriculum once weekly in P.E.

Starting in late October this year, and continuing until late May, all kindergarten students will have one P.E. lesson (out of their typical two each week), as an ELF (Early Learner Fitness) lesson. This curriculum has been rolled-out to over half of the SPS schools, and supports student literacy and fitness through crossing the midline, handwriting, gross-motor skills, and fine motor skills. Some ELF concepts will be revisited in kindergarten classrooms, too.

Field Day 2018

We've set the date already for Friday, June 15, 2018. I was wowed again last year with the tremendous parent support. Thanks to all who gave some previous time to support this annual event of fun and games. It would not have been nearly as successful without YOU! So, again, thanks! I think students and teachers had some fun!

Be well! Enjoy moving! Ms. Fleck