

September 2018

Dear Parents and/or Guardians,

The Physical Education Department at Little Chute Elementary is excited to be working with your child this year! Mrs. Niki Smith will be teaching grades K-4. Mrs. Sarah Stauber will be teaching grades K-4, grade 5 at LCIS, as well as adapted physical education. Our "Team" will be sharing our expertise, talents, and hard work for the benefit of all our students.

Each child is required to have CLEAN tennis shoes on to participate in gym class. This is for the safety of the child. The best way to ensure your child has proper shoes for physical education class would be to have a pair of shoes that can be left at school used only for PE class.

If your child is to be excused from physical education class, he or she will need written permission from you and/or a physician. For minor medical problems, a note from the parent/guardian indicating the length of time that the student is to be withheld from class is required. If the medical problem is serious enough to consult a physician, written instructions from the medical practitioner indicating specific restrictions and the duration of non-participation is requested.

In physical education class this year, students in grades K-2 will learn and continue to refine skills and concepts centered on the following themes:

- **Body Awareness** (body parts and body shapes)
- **Spatial Awareness** (moving through space by self and with others; moving in different directions; at different levels; and on different pathways)
- **Effort** (moving with variations in force, speed, and smoothness/control-"flow")
- **Relationships** (with self and objects; to partners; to groups)
- **Locomotors Movements** (walk, run, hop, skip, jump, gallop, slide, leap)
- **Jumping and Landing** (with jump ropes; from different heights, for distances)
- **Rolling, Balancing, and Weight Transfer**
- **Chasing, Fleeing, Dodging** (skills used in tag and other group games)
- **Dribbling with the Hands**
- **Kicking and Punting**
- **Throwing and Catching**
- **Volleying**
- **Striking with Short and Long-handled implements**
- **Fitness** (flexibility, body composition, cardiovascular fitness, muscle strength, etc.)

We will also be emphasizing the objectives mentioned above for students in grades 3-4. Many of these goals will be learned through a variety of team sports and low organized activities. The PE department will also work closely with your child's homeroom teacher. Ideas and concepts they are working on in their classroom can also be tied into physical activity. Also, healthy lifestyle activities such as: ultimate frisbee, dance, bowling, winter activities, fitness challenges, and FITNESSGRAM testing will be included in the PE curriculum.

We are looking forward to working with your child this year. Our goal is to help our students find a variety of ways to enjoy physical education so that they will be able to get all of the physical, emotional, intellectual and social benefits of being physically active. Please feel free to contact us at school with any questions or concerns.

Sincerely,

Mrs. Niki Smith
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