

## Totem Falls Elementary PE Newsletter

Fall 2017

### **Hello and welcome to a brand new school year!**

This is always an exciting time of the year for me. I love seeing familiar faces and enjoy meeting new ones. This will be my fifth year having the pleasure of teaching PE here at Totem Falls Elementary. I am thrilled to have had this opportunity fall upon me and it has been an outstanding experience thus far and am privileged to continue working with these wonderful students through their elementary school career here at Totem Falls.



Below you will find a list of dates that are important to know:

- **9/6** 1<sup>st</sup> Day of School
- **9/12** Picture Day
- **10/23-27** Conference Week



What's happening this Fall?

### Grades 2-6

Personal fitness assessments take place twice a year and a monthly jump rope assessment (*Gr 3-6*). The personal fitness assessments take place once in the fall, usually right at the beginning of the school year and once in the spring, this usually occurs right after spring break. The focus for this is to have the students track their own progress, not a grading scale. These assessments include the following:

- One minute sit up test
- Push up test (as many as they can do)
- Pacer
- Sit and Reach (Flexibility)
- One mile run (This only happens in the spring)

### Grades K-1

- Movement concepts
- Safety

**For your child's safety please equip them with proper tennis shoes on their PE days. Thank you!**



## New Curriculum

This year we are using "Five for Life". This is a new physical education program that is being introduced within the Snohomish School District. The FIVE FOR LIFE PROGRAM® is a research-based, K-12 fitness and health curriculum that aligns with physical education and health standards.