



*P.E. News
January 2018*

Happy New Year!

We have finished the 1st trimester and are a few weeks into the 2nd! We are having a lot of fun learning new games and activities while learning the PE rules: be safe, have fun, try your best (effort), and be a good sport. We have also worked on class organization, following directions, team work, cooperation, and sportsmanship.

*Just a reminder, **appropriate foot wear** is required for a safe PE experience. On PE days please consider safety first. Please send your child to school with athletic shoes for running and playing. No high tops, heels or slip-ons. Thank you.*

***Fitness Calendars:** It's not too late to join in the fun of Fitness Calendars. K through 5th graders may participate. For directions on how to participate and to download your calendar go to the school website at [www.http://sjsissaquah.org](http://sjsissaquah.org), Community Life, For Families & Students, Teacher Websites, Mrs. Hughes, Fitness Calendars. Remember parents to initial each day your child participates. We should all try and exercise 30+ minutes each day!*

***In Issaquah:** We have learned how to throw and catch, use a hula hoop, and learned Rock-Paper-Scissors for fun and to help with disagreements. We have played 4-square, learn a bit about juggling and jump rope, and attended Reindeer Training Camp. There is still so much to experience by the end of the year. We will play with pool noodles, play floor hockey, and learn to speed stack. We will be working with Frisbees, basketballs and play kickball. At the very end of the year I will do a screening of basic skills.*

***In Snoqualamie:** We started the year playing capture the flag, football, and soccer then moved inside and worked on hockey and basketball. Next we will move into volleyball, paddle ball, badminton, kick ball and softball. In late spring 4th to 8th grades will be screened on their basic skills, endurance, strength and flexibility.*



*Blessings to all
And keep moving.
Jane Hughes*