Welcome to CVES PE! September 23, 2013

![C:\Users\cordera2\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZQ7N1K1M\MC900078731[1].wmf]()I am excited for the start of a new school year and the opportunity to encourage your child in the area of physical education. This is my eighth year teaching and my third year as a Cub. After graduating from Whitworth University, I began my teaching career at Tahoma Junior High, where I taught PE, Health, and Math and coached several sports. I took a few years off to enjoy time with my two daughters, before being given this incredible opportunity to be a Cub.

Students in PE will focus on team building, individual skills, team sports, lifetime sports, health, and fitness. Written tests, called Classroom Based Assessments (CBAs), will be conducted yearly during 5th grade PE. Physical fitness testing and goal setting will be conducted during class, directly relating to the CBA’s. This assessment measures their knowledge of basic concepts related to fitness.

Your student is encouraged to put forth their best effort in everything they attempt, believe in themselves, and have a positive mental attitude. With this approach, I hope for every student to have a positive experience and achieve The Big Time in physical education. (The Big Time is about doing their individual best every day.)

There will be several opportunities for volunteers throughout the year. Please consider supporting physical fitness by giving your time to the following events – The Turkey Trot (November), Jump Rope for Heart (February), Field Day (June). Our students jumped to support the American Heart Association last year, raising over $3000 for this worthy cause.

Students in 4th and 5th grades have the opportunity to participate in intramurals. Students can sign-up in the gym for intramural activities throughout the year. Intramurals are free and take place in the mornings from 8:15-8:30. 4th grade intramurals will be on Tuesday morning and 5th grade intramurals will be on Wednesday morning. A new season will begin in Mid-September, with each sport lasting roughly a month.

The Cubs Rope Skipping Club will take place on Friday mornings from 8:15-8:30. This club is open to students in 2nd-5th grades, with registration occurring online. We will practice single rope skills, partner skills, long rope skills, and Double Dutch. Space will be limited to 30 students. This club will have a month long commitment. Please look for details in constant contact.

**Please remember to have your child wear proper clothing and footwear on their PE days. Boots, crocks, Toms, flip-flops, and dress shoes are not appropriate. For safety, students who are not wearing appropriate footwear will not be allowed to participate.**

If you have any questions or concerns, please feel free to contact me.

Sincerely,

Mrs. Corder

Cordera2@svsd410.org

425-831-4115

[www.cubspe.weebly.com](http://www.cubspe.weebly.com)