



# P.E. News

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"Alone we can do so little.  
Together we can do so  
much"  
-Unknown

## Fitness For The Fall At IVE PE

### FALL FITNESS

- September:**  
Recess/Cooperative games
- September/October:**  
Football Skills
- October:** Fitnessgram  
Assessment  
Target Heart Rate Lessons
- November:** Bowling  
Disco Bowling
- November 28th**  
Seattle Kid's Marathon
- December:**  
Lacrosse

#### Who's the new face in the gym?

Hello! My name is Dalaina LaMance and I am very excited to be teaching PE at Issaquah Valley this year. Although I am new to IVE this is my fifth year teaching in the Issaquah School District. I've been enjoying getting to know all of the students, staff, and parents in this community, but boy are there a lot of new names to learn! Please don't hesitate to introduce yourself!

#### Laying the Foundation for Success

At the beginning of the year we are taking time to talk about good sportsmanship and team work. Along with the High Five Expectations, students are learning the Entrance Routine, and other procedures (like putting the equipment down when Mrs. LaMance is talking! :-)) All of these things will help make our future PE classes more productive and successful.

**Disco Bowling** Starting the end of October students will be learning bowling skills, rules, and etiquette. The unit will end with a week of Disco Bowling. This means nothing but disco music with the lights out and a glowing disco ball!

**Fitness Assessment** The Fitnessgram is a comprehensive fitness assessment which includes a variety of health-related fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. There are five fitness tests the students will do. They include the pacer, push-ups, curl-ups, sit & reach, and the trunk lift. Grades 1st-5th will participate in the testing. Each student is encouraged to do their best in each of the 5 fitness tests but are not graded on the results. The information will be used for each student to develop individual fitness goals and a fitness plan for achieving their goal. Testing will occur in the fall, winter, and spring. For more information on the fitnessgram visit the website: <http://www.fitnessgram.net/faqparents/>

**Football** Students have been working on the correct way to throw and catch a football. Games that reinforce throwing and catching include: Sideline Football, End Zone Frenzy, Penny Touchdown, and I'm Open I'm Open. Each game allows students of all abilities and levels to succeed in football.

- #### High Five
1. Enter Politely
  2. Show Respect to Others
  3. Follow Directions
  4. Treat the Equipment with Care (this includes their bodies)
  5. Leave Politely

### What is Cougar Jogging Club?

Cougar Jogging Club is a great way to get the heart rate going and provide outdoor exercise before the winter season. What does Jogging Club involve? It involves students running a marathon over the next two months. Students come twice a week in October & November. We'll meet Tuesdays and Thursdays 3:00-3:30 in the gym. We will then go outside and run around the field. The goal is to keep track of the miles and ultimately jog/walk 25 miles. At

the end of Jogging Club in November, students and their parents/guardians can choose to participate in the Seattle Kid's Marathon and run the last 1.2 mile downtown Seattle to complete a full marathon. Parents are in charge of transportation, registration, and payment. For more information go to the Seattle Marathon website or come see me, Mrs. LaMance, for a brochure.

<http://www.seattlemarathon.org/kids/eventinfo.htm>