

We're "off and running" for a new year in Physical Education. I could not wait to start my second year here at St. Monica's! I will ensure that all of my classes follow along with the Wisconsin physical education state standards. My goal this year is to provide your child a great Physical Education experience that will help to motivate them to take the right steps to become a lifelong mover.

All grades will focus on teambuilding activities to start the year. In early October, while the weather is still enjoyable, the third and fourth grades will work on soccer skills. Starting in early October, the fifth grade children will learn about football. Who knows, we may have the next Packer's quarterback here at St. Monica School.

It is an exciting time of the year for the kindergarteners and first graders. They are busy running, jumping, skipping, galloping and learning other locomotor movements. Their big test will be coming up in October when they will receive their "Locomotor Licenses". The second graders will be "walking around", learning the proper way to fitness walk and get their heart rates up.

I have started something new for the junior high students. This year the classes had the opportunity to choose their favorite activities. The activities that earned the highest number of votes will be the ones selected. Starting in early October the sixth graders will be playing either football or soccer. The seventh and eighth graders will all be working on their soccer game.

Please remember to have your children prepared for Physical Education. A note on the refrigerator or on the calendar to remind you of what days that your child has PE would be a big help. Remember to wear sneakers on PE days (no sandal-type sneakers please) and to dress accordingly in case we go outside in the early morning. Also, if for any reason your child cannot participate in PE, please send in a note.

I look forward to a fun and fit year. Please feel free to contact me if you have any concerns about your child and their Physical Education experience.

~Mrs. Klaas