



Monthly Class Newsletter November

TEAMWORK=SUCCESS

Dear Stocker Families,

Let me start out by saying how privileged I am to teach your children and be a part of their education here at Stocker Elementary. I am currently in my 10th year of teaching physical education in Kenosha and this is my 3rd year at Stocker. I have been married to my wife Heather for 5 years and we have two children; Avery, who is in 4K and Everett who is 1. I am an avid sports fan and enjoy watching baseball and football. My favorite teams are the San Francisco 49ers and the Chicago Cubs. In my spare time, I like to play softball, golf, and bowl.

I will currently see your child 1 day a week for 50 minutes with the exception being Kindergarten. Kindergarten will have physical education 2 times a week for 25 minutes at a time. The purpose of this newsletter is to provide you with monthly announcements of what is going on in physical education class, special programs that we will be participating in throughout the month, along with any prominent news going on in the physical education community. Please check back monthly and talk to your child/children about the exciting events that are happening here at the Stocker gym. If you have any questions please do not hesitate to email me at: anighbor@kUSD.edu.

PBIS IN PHYSICAL EDUCATION

At Stocker we strive to keep your child(s) educational experience positive by following the PBIS model for behaviors. The PBIS model in physical education will help our students model responsible, respectful, and safe behaviors.

Responsible:

1. I come to class ready to participate.
2. I give my best in all activities.
3. I help to create a positive school environment.
4. I am aware that I am responsible for myself and my actions.

Respectful:

1. I demonstrate good sportsmanship at all times.
2. I respect my peers right to be different.
3. I treat others and equipment the way I would like myself and my equipment treated.

Safe:

1. I understand that there are safety rules in place and I follow all safety rules accordingly.
2. I report any bullying or harassment immediately.
3. I understand that I am responsible for my body and keeping it in control at all times.

Reminders

ALL STUDENTS NEED TO WEAR GYM SHOES DURING THEIR PHYSICAL EDUCATION CLASS. FOR SAFETY REASONS, THEY MAY NOT PARTICIPATE IN PHYSICAL EDUCATION CLASS IF PROPER SHOES ARE NOT WORN.

November Events:

K-2

- Orientation to Fitness Testing
- Spatial Awareness
- Throwing and Catching

3-5

- Fitness Concepts
- Fitness Testing
- Goal Setting
- Team Handball

FITNESS TESTING

Your child/children may be coming home mentioning they are participating in Fitness Testing in physical education class. KUSD currently uses the FITNESSGRAM program for physical fitness testing, which is the newer version of the Presidential Fitness Awards program, and all students are tested in the following components: Cardiorespiratory Endurance (PACER TEST), Muscular Endurance (Curl-Ups), Muscular Strength (Push-Ups), and Flexibility (Sit & Reach Test). Your child's fitness scores do not reflect in their physical education grade in any way other than participation. Students will be performing these tests with a friend in class and will not be subject to performing the tests by themselves with the class watching. Scores are then recorded and we discuss the importance of goal setting to improve or maintain fitness levels. Testing will again be done at the end of the year in hopes of improving upon their scores. If you are interested in your child's scores at any time, please feel free to let me know and I can make them available to you!

