

TCA Central Physical Education 2018-2019

Welcome to TCA Central Physical Education!

Mrs. Lisa Kuyper (Coach Kuyper) - 1st – 6th grades, lkuyper@asd20.org, 265-9766 ext. 5159

Ms. Tracey Goettsch (Coach Goettsch) - Kindergarten, tgoettsch@asd20.org, 265-9766 ext. 5159

Kindergarten will participate in PE **once** a week for **30 minutes** and **1st - 6th grades** **twice** a week for **30 minutes**.

PE OBJECTIVES:

- To develop fundamental movement skills for grades K-2, and sport specific skills for grades 3-6.
- To promote fitness education.
- To expose and introduce students to a variety of sports and lifelong physical activities.
- To promote participation in physical activity as a lifetime goal.
- To educate students on cognitive concepts related to good health choices.
- To develop character traits beneficial to a lifestyle of physical activity.

FOOTWEAR:

- Please be sure that your child has the proper shoes for PE. No crocs, sandals, clogs, boots, or heels. If your child does not have the proper shoes, they may have to sit out or have modified activity for safety purposes.
- Students will need athletic shoes that fit properly and have good support.

GRADING: is based on

1. Being prepared-(wearing proper shoes)
2. Participation
3. Effort
4. Character/Attitude/Sportsmanship

***If your student cannot participate due to illness or injury, a parent or doctor's note is required.**

WATER BOTTLE: Highly encouraged ☺ No glass please! Please label with student's name!

NOTE FROM YOUR COACHES:

Fitness is fluid and lifelong. Our goal is that students would strive to physically challenge themselves, explore fitness and sport opportunities, and become lovers of movement for the health of mind, body and spirit! Experiencing the benefits of physical fitness now will drastically affect the future! Our world is in desperate need of healthier lifestyles.

Please contact us if you have any questions. We are looking forward to teaching your children and having a great year!

