

VIKING'S CORNER

SEPTEMBER 2023

LVES Physical Education Newsletter



SNEAK PEEK OF WHAT'S INSIDE:

- **VIKING PRIDE**
- **PE ATTIRE**
- **EXCUSING CHILD
FROM PE**

PHYSICAL EDUCATION AT LVES

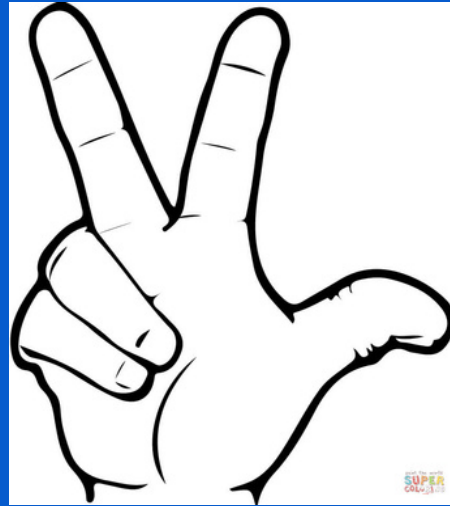
On behalf of Coach Lash and myself, Coach D, welcome to LVES P.E.! The philosophy of our program is to develop both the mind and body through movement. Physical Education plays an important role in your child's education that contributes to his/her growth and development. It is the goal to give your child a positive P.E. experience and to help make health and physical activity a lifelong habit. Your child will have experiences in individual, team, and group activities that emphasize participation, cooperation, and success through personal goals. We are so excited to be teaching your child this year and I know it will be a great year here in PE!

A key element that contributes to your child's success is following our Viking Principles, as well as wearing appropriate clothing (that follows school dress code) and footwear. Use the following guidelines to help you:

Viking Pride

AT LVES, our Vikings are **Respectful, Responsible, Safe, and Kind** no matter where they go in the school, including our P.E. class. That is what having Viking Pride is all about.

In order to be successful in our PE class, Vikings must always exhibit Viking Pride.



ATTIRE FOR P.E.

Appropriate Clothing

Girls will need to have shorts under their skirts/dresses. Comfortable clothes so your child can be successful in P.E.

Appropriate Shoes

Rubber-soled athletic-type shoes. P.E. shoes should have laces, velcro or at the very least fit snugly so they do not come off. All shoes should cover the heel of the foot.

Inappropriate Shoes

Shoes with wheels/Crocs/Boots/Slip-on shoes/Flip Flops/Shoes with heels

If you would like to send an extra pair of shoes for your child to change into for PE and then change out of, I will definitely permit and encourage that.



Viking PRIDE Cont.

Behavior Notice for: Art PE Performing Arts SEL

Student Name _____ Teacher _____ Date _____

This student had trouble with the expected behaviors in their specials class today. Please talk with them about their behavior today and sign and return to school the next day. Together, we can help them grow in this area and be successful in their specials class. If you have any questions, please contact the specials teacher who issued this notice.

- Showing respect.
- Acting responsibly.
- Being safe.
- Showing kindness.

Details: _____

Next time I will: _____

saromy@lagovistaisd.net kdachowski@lagovistaisd.net lwhitted@lagovistaisd.net lobrien@lagovistaisd.net

Parent signature: _____

In each class, we have discussed these in depth and your child knows the procedures in place if one of these principles is not followed. If your child is sent home with a Behavior Notice Sheet, I ask you to please go over it with them, sign it, and have your child bring it back to me. This is so I know we are working together for your child's good. In addition, if you need further information, please call me at (512) 267-8340.

EXCUSING CHILD FROM P.E.

There are many times throughout the school year when students ask me to be excused from class participation. I often get this request multiple times throughout the day depending on the activity. The most common excuses, by far, are aches, illnesses, and injuries that happened before PE class that day. There are other excuses given at various times, but all of these require me to make a decision: to excuse the student or to not excuse the student.

To help make me this decision if your child asks to be excused from physical activity before school (and you believe that your child does need it) I ask you please to send a note with them to school or email me. If you can, please specify why your child needs to be excused and for how long. It is the easiest and fastest way for me to help your child. I am not able to check my email (or really answer unexpected phone calls) until after all of my classes are done.

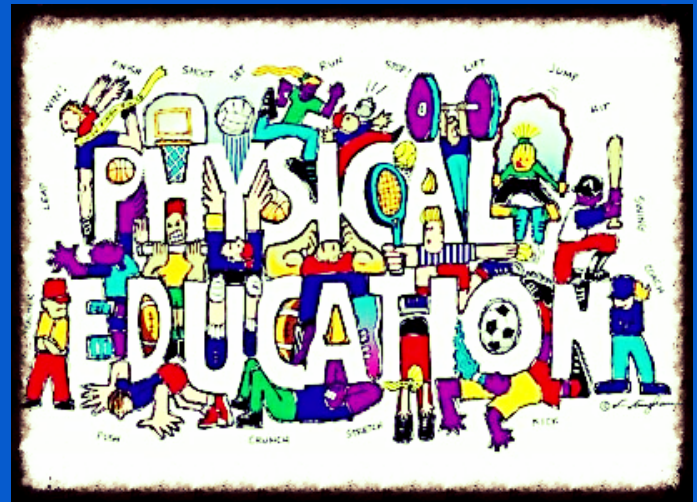
If your child needs to be excused from physical activity for a longer period of time (**more than 2 PE classes**) I am required to ask for a doctor's note. Then if your child is released from their doctor and is able to participate in physical activity again, I will need a note from the doctor releasing him/her. All of these steps are here to ensure your child's safety and well being. If you have any questions or concerns please contact me.

Units Covered this 9 weeks:

1. Team Building

2. Locomotor Movements

3. Hand Eye Coordination (Rolling, Throwing, Catching)



LVES PE Amazon
Wishlist:

https://www.amazon.com/hz/wishlist/ls/CLHQ10XP2K90?ref_=wl_share

Coach D's and Coach Lash's email:
kdachowski@lagovistaisd.net
alash@lagovistaisd.net