



P.E. News
June 2010

Another year has come and gone! So Fast!? Maybe it is because we are still hoping for sun where last year at this time we were running from the sun.

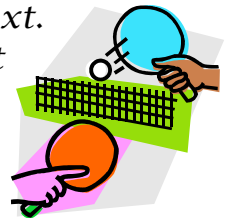
Fitness Calendars: *The number of calendars turned in this year was way down compared to years past. If you have any feedback for me on how to improve this program I would love to hear it. The year-end awards will be handed out on Field Day year. K, 1st and 2nd grade awards will be on June 21th at 2:15 in Issaquah. The 3rd through 5th grade awards will be handed out on June 22nd at 2:35 in Snoqualmie.*

Shape Up Across Washington: *I hope you all enjoyed this new activity. It was my hope that you were able to see how much physical activity you incorporate into your daily life. I saw that some may want to increase their exercise time and others may need to cut back! It is all about balance of body mind and spirit.*



Issaquah News: *This last trimester we played a lot of games while working on our teamwork, sportsmanship and effort. We were able to work on dribbling and passing a basketball, played some kickball, and tried Speed Stacking. The majority of the time was spent on basic skills screening. Look for a copy of your child's results this week or next.*

Snoqualmie News: *Fitness Mondays (6, 7, 8th)...well, we are working on it. Look for a record of your student's progress coming home this week. 4th and 5th grades did fitness testing too and results will be come home this week or next. Besides fitness, we worked on paddle skills, tried our hand at badminton and even played some ping pong. We tried a bit of self defense (6, 7, and 8th), and worked on speed stacking, then headed out side for kick ball and softball.*



Thank you for sharing your children with me. We had a great year. I wish you all a wonderful relaxing summer and hope to see you all again next year!

Blessings to all and keep moving
Jane Hughes

