

Gym-NEWS-ium

Lawton Elementary

May 1, 2011

Rollerblading



We are underway with our rollerblading unit in PE! Students are learning the basics of inline skating as well as safety rules and procedures. Because rollerblading is a new experience for many students, **we have decided to extend the unit an extra week!** Three weeks will give everyone a chance to learn the basic skills and feel comfortable on their skates.

While we are on wheels, it is required that *all students* wear a helmet, elbow pads, knee pads, and wrist guards, unless otherwise specified by a parent or guardian. We do have all the pads here as well as extra helmets, but because of the number of students and the size of some of the equipment, it is not always possible to get each child the best fitting gear. If your child has their own equipment, it would save a lot of time

and ensure that they have pads that will fit them correctly. They can leave everything in a labeled bag in the gym. If you wish to waive your child from wearing any of the gear, please be sure to fill out the waiver form found on the PE website or at <http://www.orgsites.com/wa/lawtonpe/RollerbladingLettertoparents2011.pdf>

Did you know....

May 1-7 is National Physical Education and Sports Week. Let's celebrate by getting out and being active. Try and get at least 60 minutes of physical activity a day!

FIELD DAY!!

The end of the year is fast approaching which of course means...FIELD DAY! Lawton's Field Day will be held this year on **Friday, June 17**. With the help of the PTA and amazing parent volunteers like you, we will be able to offer a variety of activities for the students to enjoy! This is always a favorite event and a great opportunity to celebrate all the hard work and dedication the students have put in all year.

In preparation for the big day, Field Day t-shirts are now available to purchase. The design we have used in previous years is no longer available, so this year's shirt will have a new fun design! If you are interested in purchasing a shirt, you can find the link to the order form through the PE website or by going to:

<http://www.orgsites.com/wa/lawtonpe/FieldDayshirt2011.pdf>

All orders are due by **FRIDAY, MAY 13th**

Coming up in PE:

- Rollerblading
- Fitness Testing
- Station Work
- Archery

Volunteers still needed for rollerblading

“Try and fail, but don't fail to try.”

Volunteers are still needed to help with our rollerblading unit. We need the most support with the K-2 classes. Please see the schedule below and e-mail Ms Parks if you are available for any of the time slots. Please note that the schedule for May 2-6 has changed due to MSP testing. Thank you!

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
11:40 – Room 104 12:55 – Room 111 1:35 – Room 106 2:10 – Room 109	9:40 – Rooms 106, 107 10:15 – Rooms 108, 202 10:55 – Rooms 105, 201 11:40 – Room 103 12:15 – Room 101	9:40 – Rooms 109, 111 10:15 – Room 107 10:55 – Rooms 105, 104	12:15 – Room 111 12:55 – Room 101 1:35 – Room 109 2:10 – Room 108	9:40 – Rooms 101, 106 10:15 – Rooms 107, 108 10:55 – Rooms 105, 103
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
12:55 – Room 111 1:35 – Room 106 2:10 – Room 109	12:15 – Room 101 12:55 – Room 106 1:35 – Room 107 2:10 – Room 108	12:15 – Room 111 12:55 – Room 107 1:35 – Room 109	12:15 – Room 111 12:55 – Room 101 1:35 – Room 109 2:10 – Room 108	12:15 – Room 101 12:55 – Room 106 1:35 – Room 107 2:10 – Room 108
Monday, May 16	Tuesday, May 17	Wednesday, May 18 (Early Release)	Thursday, May 19	Friday, May 20
12:55 – Room 111 1:35 – Room 106 2:10 – Room 109	12:15 – Room 101 12:55 – Room 106 1:35 – Room 107 2:10 – Room 108	9:40 – Rooms 107, 108 10:15 – Rooms 109, 106 10:55 – Rooms 105, 104 11:40 – Room 103	12:15 – Room 111 12:55 – Room 101 1:35 – Room 109 2:10 – Room 108	12:15 – Room 101 12:55 – Room 106 1:35 – Room 107 2:10 – Room 108



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Mark your calendars... Family Fitness Night

What: Family Fitness Night

When: Thursday, June 2nd
6:00-8:00 p.m.

Where: Lawton gym, commons, hallways, and playground

Cost: FREE

Who: Everyone is welcome!

Join us for an evening of fun and fitness as you explore the different ways you and your family can lead a healthier and holistic lifestyle. Parents can try some of the skills and tests you take in your P.E. classes.

There will be door prizes, interactive stations, and snacks!



Guests and presenters will include:

- REI
- Rock This Sway
- Zumba
- Magnolia Karate
- Cascade Bicycle
- More to come!
- WA Trails Association
- Yoga w/ Claudette Evans
- Magnolia Chiropractor
- Nick Carruthers
- Hapkido House