

Rollerblading in P.E.!



Starting this week, the classes will be rollerblading in their P.E. classes and this has been a highlight in P.E. for as long as I've taught at Lawton. I wanted to inform all the families of important information they will need to know while we do rollerblading.

Unfortunately, Mrs. Dial who is also teaching P.E. this year is not qualified to teach this unit. In order to allow for all classes to have the opportunity to rollerblade, the 2nd -5th grade classes will have P.E. with me on a rotating basis in the mornings. The K-1st grade students will have P.E. on their regular days and times as they only have me for P.E. and they will rollerblade from January 9th - January 31st. A schedule of when the 2nd - 5th grade classes have P.E. is on the next page.

All students will either be introduced or will be reviewing the basics of rollerblading skills and safety. Even if your child already knows how to rollerblade, he/she will have to participate in the beginning lessons that cover basic skills and safety.

During this unit, all students are required to wear a helmet and safety pads (elbow, wrist, and knee pads). The only way students do not have to wear a helmet or safety pads is if a waiver form (sent home in the fall and on the last page if needed) was turned in. Though I strongly recommend that your child wears all protective gear, ultimately, it is your decision. We have helmets at school but they are shared among the classes so if you do not want your child to wear a school helmet, please send a helmet to school.

Two things that will be very helpful for your child to know is his/her shoe size and to wear socks. These two things will make getting their equipment much faster.

Students who have their own rollerblades are allowed to bring them to school but responsibility is on your child. Anything brought from home must be labeled and put into a bag. Students will be allowed to store their equipment in the gym but only if it's in a bag. It is recommended that you do not use the plastic grocery bags as they rip quite easily.



VOLUNTEER NEEDS

In order for the K-2nd students to get as much rollerblading time as possible, volunteers are needed to help them with their equipment and it will be a whole new experience for the kindergarteners. If you are interested and are able to help out with any of the classes listed on the third page, please send either an email to me at cparks@seattleschools.org indicating which day(s) and times you are available or simply fill out the form and send it in. **NOTE: Anyone can volunteer for any of the K-2nd classes.**

Thank you,

Cheryl Parks
Lawton P.E. Specialist

Rollerblading Schedule for P.E. - 2012

Class Key	103	104	105	201	202
203	205	208	209	204	207

Monday - January 2		Tuesday - January 3		Wednesday - January 4		Thursday - January 5		Friday - January 6	
Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial
No School		104 (1) – Intro/Review	105	103 (1) – Intro/Review		105 (1) – Intro/Review	104	104 (day1)	103
		203 (1) – Intro/Review	201	202 (1) – Intro/Review	203	201 (1) – Intro/Review	202	201 (day 1)	203
		209 (1) – Intro/Review	208	205 (1) – Intro/Review	209	208 (1) – Intro/Review	205	208 (day 1)	209
		207 (1) – Intro/Review		204 (1) – Intro/Review		207		204 (day 1)	

Monday - January 9		Tuesday - January 10		Wednesday - January 11		Thursday - January 12		Friday - January 13	
Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial
105 (day 1)	103 - 1	104 (day 2)	105 - 1	103 (day 1)		104 (day 3)	105 - 3	103 (day 2)	104 - 1
202 (day 1)		201 (day 2)	203 - 1	202 (day 2)	203 - 2	202 (day 3)	201 - 1	201 (day 3)	203 - 3
205 (day 1)	204 - 1	208 (day 2)	209 - 1	205 (day 2)	209 - 2	208 (day 3)	205 - 1	208 (day 4)	209 - 3
207 (day 1)		207 (day 2)		204 (day 2)		207 (day 3)		204 (day 3)	

Monday - January 16		Tuesday - January 17		Wednesday - January 18		Thursday - January 19		Friday - January 20	
Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial
No School		104 (day 4)	105 - 1	103 (day 3)		104 (day 5)	105 - 2	103 (day 4)	104 - 1
		201 (day 4)	203 - 1	202 (day 4)	203 - 2	201 (day 5)	202 - 1	203 (day 1)	201 - 1
		209 (day 1)	208 - 1	209 - (day2)	205 - 1	208 (day 5)	205 - 1	209 (day 3)	208 - 2
		207 (day 4)		204 (day 4)		207 - (day 5)		204 (day 5)	

Monday - January 23		Tuesday - January 24 Furlough Day – Noon dismissal		Wednesday - January 25		Thursday - January 26		Friday - January 27	
Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial	Parks	Dial
105 (day 2)	103 - 1	9:00 – 9:30 - 101		103 (day 5)		105 (day 3)	104 - 2	No school	
203 (day 2)		9:35 – 10:05 - 108		203 (day 3)	202 - 1	202 (day 5)	201 - 2		
205 (day 4)	207 - 1	10:10 - 10:40 - 109		209 (day 4)	205 - 1	205 (day 5)	208 - 2		
204 (day 6)		10:45 – 11:15 - 102		204 (day 7)		207 (day 6)			

Monday - January 30		Tuesday - January 31	
Parks	Dial	Parks	Dial
105 (day 4)	103 - 1	105 (day 5)	104 - 1
203 (day 4)		203 (day 5)	201 - 2
205 (day 6)	207	209 (day 5)	208 - 1
204 (day 8)		207 (day 7)	

ALL KINDERGARTEN AND 1ST GRADE CLASSES WILL HAVE ROLLERBLADING IN PE FROM MONDAY, JANUARY 9 – TUESDAY, JANUARY 31. THEY WILL HAVE P.E. ON THEIR REGULAR DAYS AS THEY ONLY HAVE MRS. PARKS FOR P.E. – SPECIAL TIMES ON THE JAN. 24TH FURLOUGH DAY.

PLEASE MAKE SURE TO SEND A HELMET WITH YOUR CHILD ON THEIR P.E. DAYS UNLESS YOU HAVE WAIVED YOUR CHILD FROM WEARING A HELMET. IF YOUR CHILD DOES NOT BRING A HELMET, HE SHE WILL BE REQUIRED TO WEAR A SCHOOL HELMET.

VOLUNTEERS NEEDED

Child's Name _____ Room _____ Volunteer's Name _____

Phone Number _____ Email Address _____

Please check the box on the days and times you will be able to volunteer. You can volunteer for any of the classes, not just your child's class. Please return this form as soon as possible to either Cheryl Parks in the gym. Or, you can email Cheryl Parks @ clparks@seattleschools.org Thanks for your help!

Monday, Jan. 2nd	Tuesday, Jan. 3rd	Wednesday, Jan. 4th	Thursday, Jan. 5th	Friday, Jan. 6th
No School				9:35 - 104

Monday, Jan. 9th	Tuesday, Jan. 10th	Wednesday, Jan. 11th	Thursday, Jan. 12th	Friday, Jan. 13th
9:35 - 103	9:35 - 104	9:35 - 103	9:35 - 104	9:35 - 103
12:55 - 108	12:55 - 108	12:55 - 209	12:55 - 108	12:55 - 109
1:25 - 107	1:25 - 109	1:25 - 107	1:25 - 107	1:25 - 102
2:00 - 106	2:00 - 102	2:00 - 101	2:00 - 102	2:00 - 101
	2:30 - 101	2:30 - 106		2:30 - 106

Monday, Jan. 16th	Tuesday, Jan. 17th	Wednesday, Jan. 18th	Thursday, Jan. 19th	Friday, Jan. 20th
No School	9:35 - 104	9:35 - 103	9:35 - 104	9:35 - 103
	12:55 - 108	12:55 - 209	12:55 - 108	12:55 - 109
	1:25 - 109	1:25 - 107	1:25 - 107	1:25 - 102
	2:00 - 102	2:00 - 101	2:00 - 102	2:00 - 101
	2:30 - 101	2:30 - 106		2:30 - 106

Monday, Jan. 23rd	Tuesday, Jan. 24th	Wednesday, Jan. 25th	Thursday, Jan. 26th	Friday, Jan. 27th
9:35 - 105	9:00 - 101	9:35 - 103	9:35 - 105	No School
12:55 - 108	9:35 - 108	12:55 - 209	12:55 - 108	
1:25 - 107	10:10 - 109	1:25 - 107	1:25 - 107	
2:00 - 106	10:15 - 102	2:00 - 101	2:00 - 102	
		2:30 - 106		

Monday, Jan. 30th	Tuesday, Jan. 31st
9:35 - 105	9:35 - 105
12:55 - 108	12:55 - 108
1:25 - 107	1:25 - 109
2:00 - 106	2:00 - 102
	2:30 - 101

Helmet & Safety Pads Waiver Form for P.E.

Though helmets are required by the school district, parents can waive their child from wearing a helmet and safety pads on all or some activities. Please fill out the form below and have your child return it to school so I can keep a record for all activities we have coming up this year.

Thank you,

Cheryl Parks
Physical Education Specialist
Lawton Elementary

Student Name _____ Homeroom _____

____ I want my child to wear a helmet for all the wheeled activities listed below.

____ I waive my child from having to wear a helmet on the following activities (check all that apply)

____ **Unicycles** 

____ **Razor Scooters** 

____ **Pedalos** 

____ **Walking Wheel** 

____ **Rollerblading** (also has safety pads – please mark if you want to waive any of the safety pads listed to the right -

____ **wrist guards** ____ **elbow pads** ____ **knee pads**

I understand that by marking any of the activities listed above that my child does not have to wear a helmet in P.E. class. In addition, by marking any of the safety pads my child will not be required to wear them during rollerblading in P.E. class.

Parent Signature

Date

Printed Name

email or phone #