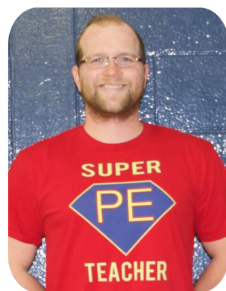


Welcome to **Wylie Elementary Physical Education!** My name is **Mr. (Ryan) Maki** and I have been teaching Physical Education for 7 years! We will be working to encourage **healthy habits** and to teach students that movement is **fun**. The goal is for our students to be **confident** and **creative movers** and to choose to be **active for a lifetime!** We are looking forward to an exciting year!



Wylie Elementary School Physical Education

Website: wyliephysed.weebly.com

Email: makir@dexterschools.org



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA

The CDC recommends that your child gets at least 60 minutes of moderate to vigorous exercise daily. Recommendations for adults are 150 minutes per week. Your child receives Physical Education TWICE a week for 30 minutes.

What You Can Do



MOVE and **PLAY** with your child as much as you can and model good healthy habits. Now is the time to create these habits!



Emphasize the importance of **following directions** and giving their **best effort**. Ask your child what they learned each day.



If your child has any health concerns, please let me know, as I will adapt the activities to fit his/her needs. If your child cannot participate due to illness or injury, a parent or doctor note needs to be sent to Mr. Maki. **Your child's health and safety are a top priority!**

Help your child come to Physical Education prepared with **athletic shoes**, play clothes and are encouraged to bring a **water bottle (with their name on it)**. Please help your child learn to tie their shoes as this will help them be safe while participating. Please have your child bring **athletic shoes** in their backpack if they must wear sandals or boots to school.

What I Learn in PE Class

Every day, your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

Look at the **National Standards** to help you understand what you are learning in PE.

A physically literate individual:

What this means to me:

1

demonstrates competency in a variety of motor skills and movement patterns.

I have the skills to move and play.

2

applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

I show that I know how to move and use a plan when I play games.

3

demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

I show that I know how to get fit and stay fit.

4

exhibits responsible personal and social behavior that respects self and others.

I act fairly and respectfully when I play.

5

recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

I know why it is important to be physically active.



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What days do you have P.E.?

**** Make sure to wear ATHLETIC SHOES on P.E. days. ****

3rd Grade

Teacher Name	Physical Education Days
Johnson	Tuesday / Friday
Lerner	Thursday / Friday
Peterson	Wednesday / Thursday
Plott	Wednesday / Friday
Russell	Monday / Tuesday
Suomala	Monday / Tuesday
Tatara	Monday / Tuesday
Tietsema	Wednesday / Friday
Weiss	Wednesday / Thursday

4th Grade

Teacher Name	Physical Education Days
Barnes	Monday / Friday
Bartz	Wednesday / Friday
Benson	Tuesday / Wednesday
Bowman	Monday / Tuesday
Early	Tuesday / Thursday
Eber	Wednesday / Friday
Karsch	Tuesday / Wednesday
Kohler	Thursday / Friday
Markko	Monday / Thursday
Sellman	Monday / Friday

Take Home P.E. Program



Scan the QR Code to Signup



At Wylie Elementary, we encourage our students and families to live a healthy and physically active lifestyle. In an effort to encourage our students to be physically active outside of school, we have developed a "Take P.E. Home" Program. This program includes an 18 gallon tub full of P.E. equipment that the students take home for a weekend. This program also provides families with a fun opportunity to bond and get physically fit together.

If you are interested in the program, SCAN the QR Code above or visit our Wylie P.E. Website (wyliephysed.weebly.com). Our program includes 6 "Take P.E. Home" tubs. Each week, Coach Maki will select up to 3 third grade and 3 fourth grade students to be eligible for the "Take P.E. Home" tubs. If selected, you will receive an email confirming your students selection.

* Depending on how many sign-ups, we cannot guarantee everyone will be selected this year. *