



P.E. MONTHLY

August/September

2011



Welcome to Travis Elementary Physical Education!

Each month this newsletter will be posted on our webpage to give you an update on events in Physical Education including lessons, upcoming events, fun facts, games, and much more. This year's program has a lot to offer and looks to encourage and challenge kids of all ability levels. Each month a link will be posted to a monthly calendar of activities to encourage good fitness habits for the whole family.

Who is Mr. Soughers?

Hello to all returning and new families to Travis Elementary. I wanted to take this opportunity to share a little bit about myself and my feelings towards Physical Education.

First a little about my past. I, Mr. Soughers, grew up in the small town of Kodiak, Alaska. Throughout my childhood I was very fortunate to have Physical Education in school every day. I learned the values of exercise, nutrition, and all around fun Physical Education can offer. At an early age I decided I wanted to become a Physical Education teacher. After graduating high school I moved to California where I attended Sonoma State University. I graduated with a Bachelors degree in Physical Education in 1994. I have a Masters Degree in Education. This will be my 17th year teaching at Travis Elementary.

I was selected as Travis Unified School District Teacher of the Year for 2010 as well as Sacramento News 10 Teacher of the Month for August 2009.

Fun facts about Mr. Soughers:

I am an avid San Jose Sharks fan.
My wife and I have 4 year old twins.
I love to cook.



Physical Education Goals

Over the past 16 years I have learned that it is even more important in this day and age that students are physically active in and outside of school. It is my goal to introduce students to many of the skills they can use throughout their lives. It is important for students to challenge themselves physically and learn how healthy decisions affect them every day. Physical Education and physical activity are vital parts to a child's learning. Throughout the year students will be given the opportunity to participate in meaningful lessons that will give them the tools to have a fun and healthy life.

TEAM Time

TEAM time is a outstanding program that provides students with the opportunity to start their day on the right or sometimes left foot. All students and teachers meet in the gym first thing in the morning Tuesday through Friday for 15-20 minutes of dancing, stretching, exercising, and all around fun.



Physical Education Theme for August/September: Teamwork & Sportsmanship

During the month of August and September, students will be participating in lessons that focus on teamwork and cooperation. Students will be given different tasks that require them to work as a team to achieve a series of different goals. Some tasks place students in the position as a leader, while others have them following other teammates. All activities are designed to encourage good sportsmanship. This unit serves as a foundation for all other units taught throughout the year.



Family P.E. Nights

In the near future there will be family P.E. nights. These events will give parents a chance to come to Travis Elementary and participate in the activities the students do during their Physical Education class. More details to follow soon.



Physical Education Grading Policy

Students in grades 4-6 are graded in 3 areas, Participation/Effort, Academic assignments/assessments, and Physical assignments/assessments. Each area is worth approximately 1/3 of their grade.

Participation/Effort – Students try their best and participate in all events. Students must wear appropriate shoes.

Academic– Includes all academic assignments and assessments.

Physical– Includes all physical assignments & skill assessments

Students in grades 1-3 are graded primarily on Participation/Effort. The primary reason students (1-3) would receive an unsatisfactory grade in P.E. (U) is by not wearing the appropriate shoes.

Tennis Shoes

Please make sure that all students wear the appropriate tennis shoes on days they have Physical Education. *Sandals, Heelies, & slip on vans (no laces) are not allowed during Physical Education classes.* This will help aid in the prevention of injuries. Please make sure all shoes have either Velcro or laces.



Do or do not, there is no try. -Yoda