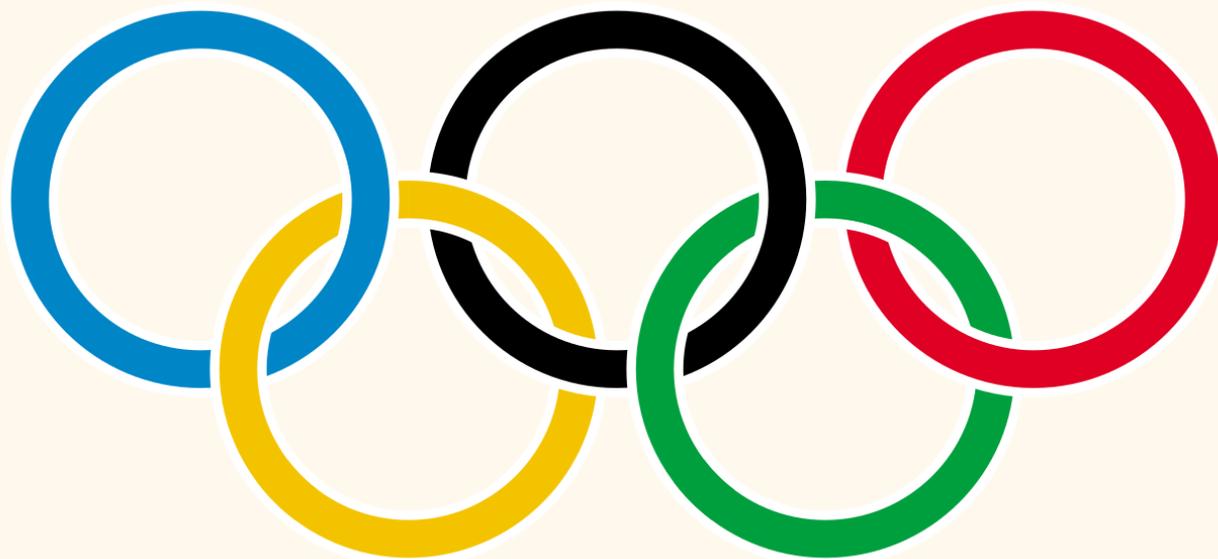


# Mrs. Crawford's P.E. News

Hinckley Elementary School

August 2019



## Welcome Back!

Hello Hinckley Families! I'd like to take a quick second to introduce myself to those of you that are new to Hinckley. My name is Annie Crawford - this is the start of my 6th year teaching physical education at Hinckley, and my 11th year overall! My husband, Andy, and I live in Fairlawn with our 3 children - Mary (5), Clark (3) and Ruth (1). I've had a great summer with my kids...lots of swimming, exploring different parks in Akron and Cleveland, training for the Akron Marathon, and hanging out with family and friends! I'm sad it's over, but looking forward to another school year!

I am very excited for P.E. this year in particular because the summer olympics are next summer, which means the theme for PE this year is the OLYMPICS! I absolutely love the Olympic games!

Throughout the school year, the students will learn about the summer olympics; they will participate in their very own torch relay; and end the year with an Opening Ceremony Assembly and Olympic Field Day! I think there is so much that can be learned from the olympic core values, and what it takes to be an olympic athlete.



## Incorporating Technology

Another thing I am very excited about is my new 70 inch TV! Last spring I wrote a grant for a TV, mobile tv stand and a samsung tablet. Integrating this technology will greatly improve Hinckley's P.E. program by enhancing student learning and my teaching effectiveness. By adding this element into my classroom, students will receive a more in depth understanding of the skills and concepts.

### Here are a few examples of how this technology will be used:

- show demonstration & follow along videos so I can walk around and help students and give them feedback
- Show professional sport highlights or other examples that introduce students to different units of instruction and get them excited about learning.
- show examples of major sporting events that take place in the US and world
  - Olympics                      -World Cup
  - Iron Man
  - Triathlons                      -Marathons
  - Iditarod
- provide a quick presentation to go over rules, goals for that day, cues or skill basics before starting a unit and throughout the unit
- show videos for 4th and 5th grade students to analyze and provide feedback on motor skill performance
- show real world examples of the activities, exercises and health concepts we are learning
- during my dance unit record student created dances and playback for the class or use as demonstrations in other classes
- students who are unable to participate because of an injury or no shoes, can use the "SworKit" app on the tablet that gives mini workouts for different parts of the body. For instance, if a student has an injury to their ankle, they can choose a workout that focuses on their arms.



*My main focus in PE is to get my students excited about being active. I believe focusing on overall wellness is more important than athleticism, and learning to be a good sport and teammate is one of the most important life skills I can teach my students! My goal is to help my students gain the knowledge, skills and confidence they need to pursue a lifetime of adventures!*

## PE Rules & Consequences

Respect yourself → come prepared, try your best, have fun

Respect others → listen, be kind, raise hand, don't talk when teachers talking, listen/follow directions the first time, sportsmanship

Respect this place → don't touch equipment without permission, take care of our gym

Strike 1 = warning

Strike 2 = refocus (timeout but gets to come back in after a few minutes)

Strike 3 = Time out and note home

## Self-Assessment

Students will complete a daily self-assessment. As students exit the gym they will get to high-five one of the four posters based on their **sportsmanship**, **effort** and **behavior** for class that day. They are aiming for GOOD JOB. *The picture on the left is from last year...this year's self-assessment will be olympic themed of course! (pictured on the right)*

Here is a break down of each one:

**WOW** – You achieved the bonus challenge of the day (different each lesson), can be individual, team or class challenges.

**\*GOOD JOB** – You followed all the PE expectations, used good sportsmanship and did your 100% best in all the activities.

**KEEP ON TRYING** – You got a warning, you did not do your best or didn't use good sportsmanship during the game

**NEED MORE EFFORT** – You had to go to time-out

**On days your child has PE, ask them how they did! :)**

**\*\*This will be introduced to kindergarten students later in the school year!**



### Additional Information:

- 1. Ohio Physical Education Assessments** - 2<sup>nd</sup> & 5<sup>th</sup> Grade Students will complete 12 state mandated physical education assessments throughout the school year. These consist of gross motor assessments on skills learned throughout the year, as well as written assessments.
2. Thank you again to PTO for purchasing 8 new gymnastic folding mats, a wedge mat, and a storage cart for PE!
- 3. Participation** - If your child is sick or injured and cannot participate in PE class, please send a note or email me.
- 4. Please help your child come prepared for PE** → tennis shoes are required. Some parents prefer to leave PE shoes in their child's locker, but it is not required. When students don't wear tennis shoes, they will sometimes have to miss out on the activity, depending on what we are doing/types of shoes. This is for their safety.
5. Best way to reach me is through email - [acrawford@highlandschools.org](mailto:acrawford@highlandschools.org)
- 6. SAVE THE DATE** → **September 11<sup>th</sup> from 6 – 7:30pm.**  
**I will be hosting my 6<sup>th</sup> Annual Hinckley Family Fitness Night** at Hinckley Reservation®**More information will be sent home soon!**

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Thank you for taking the time to read this. I look forward to this upcoming year. If you should have any questions, please *email* or call me.

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