**WELCOME TO PE!**

Hello,

My name is Mrs. Strong, and I am the PE teacher here at McAuliffe.

Welcome to the 202-23 school year at Christa McAuliffe!  It's going to be a great year in PE!  Our school is large, and we have an itinerant PE teacher, Mrs. Burmester teaching 4 classes + Adaptive PE on Tuesdays, Wednesdays, and Thursdays in the morning. Her classes are Mrs. Hill, Mrs. Brown, Mrs. Coskey and Ms. Connole. I will have other classes.

You will have the opportunity to have fun, exercise and play games when you come to the gym for PE twice each week for 30 minutes.

Please make sure to wear the appropriate clothes and tennis shoes on your PE days. **Please** **wear rubber soled shoes that are good for running (no sandals**, **boots or heels).** It might be a good idea to put tennis shoes in your backpack on scheduled PE days! If you forget, you’ll have to sit out of PE for the day. ☹ This will affect your PE participation grade so it’s important to know which days you have PE.

Here are the rules to follow during PE:

Timeline

Description automatically generated

You will hear Mrs. Burmester and I use the word "FREEZE" or "Give me 5" which means to stop, look, and listen. The music being turned off also means freeze.

Not following the rules or directions means you will earn a warning, and next time you'll have to sit out of PE for a few minutes.

PE grades are based on effort so following the rules and directions gives you the best chance for success.

If you have any questions, please email me at [sstrong@lwsd.org](mailto:sstrong@lwsd.org) or Mrs. Burmester at [dburmester@lwsd.org](mailto:dburmester@lwsd.org) or call 425-936-2620 extension 56249 and leave a message. We’re excited to have fun in PE this year! Stacie and Deanna