



WEIBEL PHYSICAL EDUCATION

By: Mr. Xiatrey and Mr. Crittenden

Welcome to the Weibel PE Newsletter. In this newsletter we will be discussing different topics for conducting Physical Education at Weibel Elementary School.

COACHES CORNER

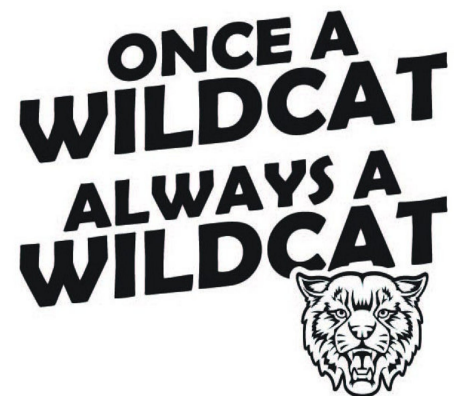
Hello Weibel families; this is Mr. C. with a hearty congratulations for making through such a challenging year as we all tackled Distance Learning! All told, the students were awesome, and persevered. We had to improvise to a large extent, but PE skills, fitness, stretches, several forms of exercise, Yoga, and even dance were taught and practiced with some success. It was a true pleasure and indeed an honor to be “in” your homes this year at PE (albeit very different)!

As much as I loved teaching at Weibel this year, it was only 1x per week as I taught at 2 other FUSD schools as well. For next year, I've been offered a full time position at 1 school however, so I'll move to Millard full time. Thanks again for all the love, support and help this year from your end of the computer! No more Zoom meetings (we hope)! I'm also very grateful for the help and support of Mr. Xiatrey this year as we teamed up with several classes. Things are

looking up, and we will be back to teaching real, live PE outdoors next year!

My email is always the same, if you would like to keep in touch. I wish you all the best and have a wonderfully refreshing summer.

- Mr. C.,



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REFLECTIONS ON PAST YEAR

This past year has been tough for a lot of us. We have all had to face challenges, such as teaching PE online, and always being at home or indoors. Hopefully we've all grown a little and learned some things about ourselves to become better people and for me, a better teacher. I learned a lot about making videos, from planning them out to shooting them and doing hundreds of retakes to editing and using "cool" features to keep the students interested. I believe the students have learned a lot also, such as pushing themselves and finding motivation to do things pe and school related. If we can all put what we learned this past year into next year, we should do well in the future.

THOUGHTS ON NEXT YEAR

We are planning on coming back to school in person next year, which is great for all of us and especially for PE, where we can be outside, move around, and get some sun. Of course this means that the students will need to get used to being outside, with the heat from the sun in August and September to the coldness in the winter months. It can be a challenge for some, but worth it. A little bit of sunscreen, a light jacket and some athletic shoes to move around in, (and no more pajamas during the day) and we can get back to a normal school year!



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ACTIVITIES FOR SUMMER

Before we go back to school, we have our summer break. With rules relaxing a bit, we can go outside and do some physical activities. There is plenty for the students to do; we learned some fitness activities that can be done anywhere. We also learned Yoga and Dance, which can be fun and tiring. Please encourage your children to keep active during the summer and you can do this by being active yourself!

FAMILY FITNESS!!!

There are plenty of activities to do in Fremont. **Lake Elizabeth** alone has good opportunities, such as a 2 mile walk or run or bike around the lake. It has a Skatepark and Tennis courts, it even has a Dog park if you have a dog. I'm sure there are more activities in Fremont, parks usually have grass fields and basketball courts and there are other opportunities if you search around. If you happen to be on vacation, try looking for physical activities to do wherever you're at. Let's get physical and be ready for next school year!



Thank you for reading, if you have any questions about Weibel PE, or have suggestions on what we should include in these newsletters, please feel free to email your PE teacher.