

TCKS PE Special Event General Schedule and Resource Descriptions

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(Revised 8/15/19)

Fall Walking/Running Club

3:10 – 4:00 p.m. (weather permitting) NO SIGN-UP NEEDED

All grades (K & 1 with designated adult to help supervise for safety)

Tuesdays/ Thursdays - September/Early October

Students come out to the south lawn right after school to walk or run ¼ mile laps. We hand out a stick for every lap which they will trade in for a foot charm for every mile completed at the end of the session. We keep daily records of each child's mileage. Parents come to help hand out charms, keep records, and, of course, run and walk along with our students!

Fall FAST Tennis Clubs

3:05 – 4:00 pm.

Tennis 1st– 2nd grades – October STUDENT SIGN-UPS SEPTEMBER ONLINE TBA

(K & 1st grade escorted by designated adult to gym)

Top quality tennis instruction right here in our school for free! Parents, sign-up kids ahead of time and those parents agreeing to volunteer (no experience necessary) ensure a spot for their child in case of lottery! Enrollment is limited so we'll have a lottery if we get more than the maximum of 24 students per session.

Pumpkin Run

Friday - Early October K – 5, 3:10 – 4:00 pm NO SIGN-UP NEEDED

(K & 1 with designated adult to help supervise for safety)

This is half-mile "Fun Run" right after school to celebrate fall! Different grade levels start at different times at 2-minute intervals and then we have a "Family Run" in which EVERYONE can participate. Come join us!

Climbing Club

3:05 – 4:00 pm NO SIGN-UP NEEDED 3rd – 5th Alternating Tuesdays with K – 2nd

- November/December (K & 1 escorted by designated adult to gym)

This is a weekly event (younger and older kids' weeks alternate) in which we set up the climbing wall, rope swings, cargo net, etc. for a fun afternoon of climbing-focused physical activities. Parents are needed to help supervise climbing stations.

Winter FAST Tennis Clubs

3:00 – 4:00 pm.

Tennis 3rd – 5th Grades – January STUDENT SIGN-UP IN DECEMBER ONLINE TBA

Top quality tennis instruction right here in our school for free! What an opportunity to start a life-long tradition of tennis-playing. Parents will sign-up kids ahead of time and those parents agreeing to volunteer ensure a spot for their child in case of lottery. Enrollment is limited so we'll have a lottery if we get more than the maximum of 24 students.

Jump Rope for Heart

Friday, Early February 8:30 am – 3:00 pm, All Grades NO SIGN-UP NEEDED

This school day event is the grand culmination party for our *Jump Rope for Heart* fundraiser for the *American Heart Association*. Kids participate in group jump rope events and share their art, craft, etc. projects that relate to cardiovascular health. Parents help judge contests and take pictures of their kids for posterity!

Traut Track Ten

Early April, several days during 4th and 5th grade lunchtimes TBA

This is a “come one, come all” track meet for 4th and 5th graders to have a fun experience in real track events conducted over several lunchtime sessions. This event also serves as a qualifying meet for 4th and 5th graders to participate in the *PSD All Elementary Track Meet* in May. Parents are needed to manage the individual events, to help time runners, keep records, etc. during the meets.

Spring Walking/Running Club

3:10 – 4:00 pm Mondays & Wednesdays Late April/May (weather permitting), All Grades

NO SIGN-UP NEEDED (K & 1 with designated adult to help supervise for safety)

Students come out to the south lawn right after school to walk or run ¼ mile laps receiving foot charms for every mile completed. Parents come to help hand out charms, encourage ourselves!

4th and 5th Grade Bike Days

4th Grade Bike Rodeo (am)/5th Grade Bike Rodeo (am) Radiant Park & Kinard Ride (pm)

Mid-May, 4th and 5th grade 45 min. class sessions 8:35-11:15 am, and 5th grade 12:00-2:45 p.m. group ride

These are school-day celebrations of spring with skill-building bicycle activities and fun recreational bike rides with Bike Rodeo stations and neighborhood rides during the morning for 4th and 5th graders and an 11:30-2:00 p.m. group ride for 5th graders. Parents are needed to help with the Bike Rodeo and ride with Mrs. Wells and students on a short neighborhood ride in the morning and/or ride with 5 groups of 15 5th grade students to Radiant Park, Kinard MS, then back to Traut in the p.m.

Field Day

Friday, Late April/Early May, 8:40-2:20 pm (rain date the following Monday) K-2nd a.m. / 3rd-5th p.m.

This is a school-day celebration of spring with many fun games and contests going on all around the playground. Parents are needed to supervise different activity stations.

Academics in Action

K and 4th Thursdays (throughout the school day), 5th MTWF's (10:15-10:30)

These are brief, fun, physical activities that help students sharpen their reading (k-3), spelling (k-3rd), and math fact (3rd-5th) skills. Students come to the gym to ride scooters, climb the wall, shoot hoops, bat baseballs, etc. while working on their reading sight words, spelling words, and +, -, x, and / math facts.

FYI - Plans and support materials for parents to conduct these activities are available online and encouraged for home use at: <https://sites.google.com/site/academicsinaction/>. Please utilize these activities during the school year or over the summer to prepare your child for success during the school year.

Fitness and Form FUNdamentals

Ongoing website resource “Fitness and Form FUNdamentals” to help parents help their child with the PE movement and manipulative skills at home and in life!

FYI-Parents! Please bookmark this site we've created to help your child (and maybe even yourself) learn and reinforce important fitness and form FUNDamentals at home. We have proper forms and techniques outlined in written and video formats along with many "lead up" games that can help develop your child's proficiency and confidence in their physical skills.

<https://sites.google.com/site/psdpecommunityconnection/home>