

Physical Education at Miquon

September 2017

Hello Miquon Families,

This summer has gone by so fast. I hope everyone is enjoying their last few days of break. I am looking forward to seeing everyone and starting the new year.

For those who don't know me, I'm Lisa Mann and this will be my 7th year as the Physical Education teacher at Miquon. Before teaching at Miquon, I taught at Wilmington Montessori School for 8 years, where I was also coaching 4 teams (soccer, basketball, boys lacrosse, and girls lacrosse). I have a Bachelor's degree in PE and a Masters in Athletic Administration from Springfield College. I spent a lot of this summer paddling (dragon boat, kayak, and outrigger canoes), as I often do. I spent a week in Cape Cod, MA kayaking as much as I could, and currently our dragon boat team is preparing to race in the Club Crew National Championships that happened this past weekend (a LOT of practicing).

Our goal in physical education is for everyone to learn to make healthy choices and feel successful when participating in a variety of activities. This enables students to develop a positive attitude toward physical activity and to develop healthy habits, which will hopefully continue throughout their lives. Sport and Physical activity is social and more often than not, done with others. Cooperation, communication, collaboration, respect and sportsmanship are just as important, if not more important, as eye-hand coordination skills during activities.

Having appropriate footwear for physical activity will help students be safe and comfortable in class, and are often essential in being able to participate in class effectively. Please make sure your child comes to school prepared (with sneakers/athletic footwear) on days that they have Physical Education class. If your child chooses to wear sandals, boots, flip-flops, crocs, etc., on PE days, please be sure to send a pair of athletic shoes/sneakers with them in their bags, or you can leave a pair in their cubbies. If there is a time when your child cannot participate due to injury or illness please send a note to school, or email me (lisam@miquon.org). Also, if your child likes to wear dresses or skirts to school it is very helpful to have them wear shorts underneath.

If you have any questions, do not hesitate to email me. See everyone soon!

Lisa