



# Welcome to *Physical Education* with **Mrs. Hendricsen**



## COURSE Description

Physical Education in an elementary school setting is designed to inspire a life-long love of physical activity which in turn gives learners the knowledge to incorporate fitness, health, and wellness into their own lives!

Physical activity builds strong bodies and strong brains!



## LEARNING Outcomes

- ✓ An increased understanding of lifetime fitness activities and popular sports.
- ✓ Promoting skills and rules associated with succeeding in a variety of sports and/or fitness activities.
- ✓ Improve upon skills involved in sportsmanship, teamwork, problem-solving, and cooperation.



## CONTACT Info

Please feel free to contact me anytime via email-  
[Hendricsen.Kathleen@cusd80.com](mailto:Hendricsen.Kathleen@cusd80.com)

Additionally, we are excited to welcome Haylie Diaz as our traveling PE teacher for 5/6 grade block! Please contact her via email-  
[Diaz.Haylie@cusd80.com](mailto:Diaz.Haylie@cusd80.com)



## SUPPLY List

On P.E. day it is helpful to have the following:

- ✓ Tennis Shoes
- ✓ Water bottles

