

J.T. Waugh Physical Education

September Edition

Your 2022-2023 teachers for elementary physical education are Ms. Abigail Rocque and Mr. Bryce Parker-Norton. This is Mr. Parker-Norton's second year here at Lake Shore and Ms. Rocque's first year. We are so excited to be here and share our passion for PE with your students!



We require sneakers in class. Please make sure that on their physical education day they have them either on or in their bag for school. It does get hot in our gym so short sleeve shirts under their sweaters/hoodies are preferred.



We are not allowing crocs, healed sneakers, work boots or snow boots!

This month we are working on safe body space when moving around the gym with others. We are working on staying safe with our hands and body.

There are games we use to make sure students are meeting the expectations which include an array of tag games, four corners fitness and pac-man lines.

This month we will really focus on skills to make sure we are able to be safe and understand spatial awareness.

If you need anything feel free to reach out –

Mr. Bryce Parker-Norton: Bryce.parkernorton@lscsd.org

Ms. Abigail Rocque: Abigailrocque@lscsd.org