



Fall 2020

Hello Wildcat families!

We are Mr. Poleski and Mrs. Fox and we are the PE teachers at LWES. Although this year is definitely going to be different we are looking forward to the challenge of making virtual p.e. work for you and your family.

We hope that you all have been active this summer with your families and we look forward to keeping you active with our online learning lessons. Our PE department will continue to focus of the Five Components of Fitness from our Five for Life curriculum which include Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. You will also see activities from OPEN Physical Education. Our hope is that you will try your best with each lesson, be active for at least 60 minutes a day and as always HAVE FUN!

We look forward to working with our returning students and meeting our new LWES kids.

Any questions please feel free to email jpoleski@tahomasd.us or <kfox@TahomaSD.US

Stay active and healthy!

Mr. Poleski and Mrs. Fox