

ROUND HILL'S SPECIALISTS

Eric A. Turrill

Education:

Undergrad: Shepherd College - Physical Ed.

Masters: Univ. of Virginia - Kinesiology

Teaching Experience:

24 years of service to Loudoun County

Last 18 years: Round Hill Elementary

Family: Wife, 2 boys (19 & 17 years old) JMU

Family Pet: 4 year old Golden Retriever (Bishop)

Hobbies: Disc Golf, Softball & Baseball

Favorite Teams: West Virginia Mountaineers,

JMU, Washington Nationals & Capitals

Chris Lose

Education:

- Undergrad: JMU, 2007 - Kinesiology

- Master: JMU, 2008 - Teaching

Teaching Experience:

- 12th year of teaching Physical Education

- Taught 8 years at Pinebrook Elem. & 2 years at Ashburn Elementary.

- Share time between Round Hill Elem. & Lovettsville Elem.

Family: Wife, 2 boys (7 & 3 years old)

Family Pet: Dog named Nittany (10 yrs old)

Hobbies: Coaching, teaching, and playing sports and games with my family. I coach for both ULLL and ULYFL. I also love landscaping and working in my yard.

Favorite Teams: Anything Penn State, Washington Redskins/Capitals, Baltimore Orioles

DATES FOR THE CALENDAR

Morning Running Club: Every Morning beginning Mon, Sept. 9 from 7:30-7:45

Take Your Parents to PE Week: Week of Sept. 23-27. All are Welcome and Encouraged to come to your child's PE class.

Family Hike Night – Wed, October 2 from 4:00-7:30. Meet at the beginning of the W&OD Canal at Loudoun Valley High under Mr. T's WVU canopy.

Turkey Trot – Thurs., Nov. 7 from 2:45-3:30 PM

Family Bowling Night – Tues., Nov 12 from 5:00-5:45, 5:45-6:30, 6:30-7:15 or 7:15-8:00

Morning Cup Stacking Club: Every Morning beginning Mon, Jan. 13 from 7:30-7:45

Healthy Heart Run – Thurs., Feb 13 from 2:45-3:30 PM

Sportsmanship Handball Tournament- Saturday, March 7 from 8:45-12:45 at Lovettsville Elem. Open to all 5th graders.

Spring Morning Running Club: Every Morning beginning Mon, April 20 from 7:30-7:45

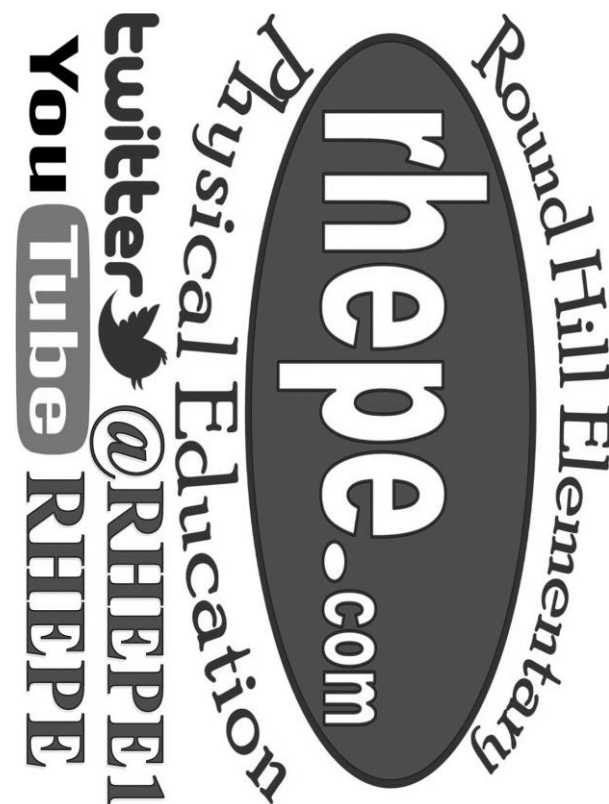
Bike Safety Rodeo: Tuesday, April 28th 4:00-7:30

A.C.E.S. (All Children Exercise Simultaneously)- Wed, May 6 at 8:15. Open to all RHE students.

Running Bears Memorial Day 5K Race: Saturday, May 23

Field Day –Thurs., June 4 from 8:30-2:00 Whole School. One Day. *Rain Date Friday 6/5/20*

More information will be sent home for all of these events as the dates move closer.



2019-2020

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Why do we need "gym"?

-- Centers for Disease Control and Prevention, "Over the past three decades the childhood obesity rate has more than doubled for preschool children (ages 2-5) and adolescents (ages 12-19), and it has more than tripled for children ages 6-11."

-- Newsweek, "Physical activity is good not only for the heart, but also for the brain, feeding it glucose and oxygen, and increasing nerve connections, all of which makes it easier for children of all ages to learn. Numerous studies show that children who exercise do better in school."

-- Caterino & Polak suggest that such physical activity as running, jumping, and aerobic game playing have a definite impact of children's frontal lobe—a primary brain area for mental concentration, planning, and decision making.

-- Texas students involved in sports scored 17% higher than non-athletes.

-- Pollatschek & Hagen, "Children who engage in daily physical education show superior motor fitness, academic performance, and attitude toward school as compared to their counterparts who do not have physical education.

-- (Sylwester) Movement facilitates cognition. Movement is a central mission of the brain.

-- (Jensen) Repetitive Gross Motor movement balances brain chemicals that calm behavior and elevates self-esteem and self worth, accommodates ADD/ADHD.

-- (Jensen) Motor skills are fundamental to learning. Memory is retrieved better when learned through movement.

-- (Dennison) Crossing the midline integrates the brain to organize itself. Neural activation occurs to many parts of the brain and equally to both hemispheres, making the brain more alert and energized for learning.

-- (Turrill & Lose) Movement is Fun.



HEALTH AND SAFETY CONSIDERATION

Our sessions will meet three days a week for thirty minutes each. Classes will be outside when the temperature ranges between 50-95 degrees and not raining. During cool weather, they should bring jackets to wear when class is outside.

It is important for students to wear rubber soled shoes that cover the toes and heels for physical education class so they can participate safely in the activities. If girls wear dresses, they must wear shorts or tights underneath.

Health Check Form: Please let your child's physical education teacher if your child has a health problem, which will be effected by physical activity. Describe the problem and necessary considerations on the Health Check Form, which went home on the first day of school.

Illness or Injury: If your child must be temporarily excused from activity due to illness or injury, please send a note to the physical education teacher. If the problem persists longer than one week please send a note from the doctor.

NON-COMPETITIVE PLAY

Movement is fun. Our S.O.L. driven elementary students do not need any added anxiety. In our physical education classes we do not keep score and we do not have winning or losing teams. Our focus is play and enjoyment not winners or losers. Our first class rule is: Have fun, smile, & laugh.

Our teams and partners are chosen to optimize the individual students' ability to meet their social needs or skill needs. Our teachers use creative methods in forming groups keeping all students self-worth in mind.

CLASS SCHEDULE'S

Go to www.rhepe.com and click on class schedules. Classes are 30 minutes in length 3 days a week. Parents are always welcome to come and play or observe.

CLASS EXPECTATIONS

1. Have fun, smile, and laugh.
2. Enter the room walking.
3. Listen & follow the directions.
4. Raise your hand to ask a question or to speak aloud in class.
5. Keep your hands & feet to yourself.
6. Encourage and support ALL.

REMEMBER:

"Do to others' as you would have them do to you."
AND "If you had fun you won."

PBIS: Positive Behavior & Intervention Support

Student recognition of positive behaviors on morning show and special recognitions on Fridays.

Consistent expectations throughout Round Hill Elementary School (Classrooms, hallways, café, bus, playground)

GRADING SCALE

Students in grades 1-5 will be graded this year using the Progress Indicators of: (4) Exceeds Standard, (3) Meets Standard, (2) Progressing Towards Standard, & (1) Below Standard in the two following areas:

- Demonstrates skills and content taught
- Demonstrates responsible behaviors

Link to the parent Portal:

<https://loudoun.gradebook.net/Pinnacle/PIV/>