

September PE Newsletter

9/1/2025

North Star Elementary School, Hugo, MN

Volume 4, Edition 1

What's Happening in PE?

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- Welcome to PE at North Star Elementary! This is a monthly newsletter to share with you what is happening in PE. Photos, videos, and reminders will be shared as well via the website or social media.
- All students are learning about the expectations in PE this year along with routines that we have set up. We will start getting into the curriculum which are to encourage healthy habits and to teach students that movement is fun. The goal is for students to be confident and creative movers and to choose to be active for a lifetime!

What Can You Do?

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- Move and play with your child as much as you can and model good healthy habits. Now is the time to create these habits!
- Emphasize the importance of following directions and giving their best effort. Ask your child what they learned each day.
- If your child has any health concerns, please let me know, as I will adapt the activities to fit his/her needs. If your child cannot participate due to illness or injury, a parent/doctor's note needs to be sent to school. Your child's health and safety are a top priority!
- Help your child come to Physical Education prepared with athletic shoes and play clothes. Please help your child learn to tie their shoes as this will help them be safe while participating.

Units of Instruction

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Dates:

Sep. 3-Sep. 12

Sep. 15-Sep. 26

Sep. 29-Oct. 14

Activity:

Cooperative Activities (K-5)

Locomotor Skills (K-2)

Soccer Skills (3-5)

Kicking Activities (K)

Fitness Testing (1-5)

Student Teacher

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Please welcome Mr. Johnny Andrist! Mr. Andrist is a student teacher from Winona State University. Mr. Andrist will be doing his student teaching in PE til the end of October.

Website/X

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If you are looking for any information about what we have going on check out the [North Star Physical Education website](#) or follow us on X, formerly known as Twitter @WBLPE_North Star

Contact Information

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Scott Hoeg
PE/DAPE Specialist
North Star Elementary School
Phone: 651-242-5518

"The only limit to our realization of tomorrow will be our doubts of today."
-Franklin D. Roosevelt