



# I NEED VOLUNTEERS FOR THE BIKE SAFE BIKE SMART UNIT

If your child is 3rd-6th grade then your child's PE Class will be participating in the bike safety unit during the weeks of October 19th to November 12th. **I NEED VOLUNTEERS FOR THIS PROGRAM TO BE PRODUCTIVE**

The Basics of Bicycling curriculum is new unit and is generously sponsored by the Cascade Bicycle Club. This unit included 30 bikes and helmets, plus a basic curriculum to teach kids to, "Bike safe, and bike smart. Students are encouraged and allowed to bring their own helmets. Students may also bring/ride their own bikes as long as they have applied for a "Bike to School" permit from the office that you must sign. Students who bring their own bikes are responsible for their own bikes.

Weather permitting; the lessons will take place outside on the black top behind the school during your child's PE program. If it is rainy or stormy the bike unit will take place in the gym.

This program runs most successfully with a minimum of 2-3 volunteers per day class; 1 to help kids who are learning how to ride ('learners') and 2 to assist teacher with running the bike safety stations.

If you're interested, please call me or email me with the dates and times you can volunteer and/or write your name below the class/date/time you can volunteer in the table below

Mrs. Lynn Kohlwes: Juanita Elementary PE Teacher [lkohlwes@lwsd.org](mailto:lkohlwes@lwsd.org) 425-823-8136 ext 55715

Your Name		Your Child's Name	
Email	Phone # ( )	Class Teacher	

## **BIKE UNIT SCHEDULE:** Monday October 19<sup>th</sup> to Thursday, November 12<sup>th</sup>

Each Class will get to do the Bike Unit 5-6 PE classes over a 4 week period

Week 1	October 19	October 20	October 21	October 22	October 23
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	MALLOY 6	STEELE 6		MALLOY 6	WINDUS 4
9:50-10:30		MIERA 5	NIGGEMEYER 5	MIERA 5	
10:30-10:45	Intermediate Recess (for specialists & 3 <sup>rd</sup> -6 <sup>th</sup> )				
10:45-11:25	IRWIN 4	GURRAD 3	NEUPERT 3	WINDUS 4	NEUPERT 3

Week 2	October 26	October 27	October 28	October 29	October 30
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	STEELE 6	STEELE 6		MALLOY 6	WINDUS 4
9:50-10:30		NIGGEMEYER 5	MIERA 5		NIGGEMEYER 5
10:30-10:45	Intermediate Recess (for specialists & 3 <sup>rd</sup> -6 <sup>th</sup> )				
10:45-11:25	IRWIN 4	GURRAD 3	NEUPERT 3	IRWIN 4	GURRAD 3

Week 3	November 2	November 3	November 4	November 5	November 6
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	MALLOY 6	STEELE 6		MALLOY 6	WINDUS 4
9:50-10:30		MIERA 5	NIGGEMEYER 5	MIERA 5	
10:30-10:45	Intermediate Recess (for specialists & 3 <sup>rd</sup> -6 <sup>th</sup> )				
10:45-11:25	IRWIN 4	GURRAD 3	NEUPERT 3	WINDUS 4	NEUPERT 3

Week 4	November 9	November 10	November 11	November 12	Bike Unit Gone
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
9:05-9:45	STEELE 6	STEELE 6	No school Veteran's Day	MALLOY 6	
9:50-10:30		NIGGEMEYER 5			
10:30-10:45	Intermediate Recess (for specialists & 3 <sup>rd</sup> -6 <sup>th</sup> )				
10:45-11:25	IRWIN 4	GURRAD 3		Bikes packed up & ready to go	