



Glebe Elementary School

# The PE Planet

## Welcome To The Eagles Nest!

### Important Reminder for Physical Education

Your child will come to physical education class twice a week for 45 minutes each time. When it is a "PE Day" (see list by grade and teacher on the back) **please make sure that they are wearing clothes that are appropriate for vigorous physical activity.**

- ◆ Closed-toed sneakers (not flip-flops, Crocs, sandals, boots, "Heelies" or anything with an elevated heel).
- ◆ Pants or shorts are keys to a safe, enjoyable and productive gym experience.

Thanks so much (in advance) for sending them to school ready to learn in our unique classroom.



Glebe Elementary School  
1770 N. Glebe Road  
Arlington, VA 22207

PE Office: 703-228-8512  
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Summer Break is over and here comes another school year! Your Eagle Trainers: Mr. Herninko, Mrs. Manchisi (man-Key-zee) and Ms. Brizendine (Briz-in-dine) are so excited to see our old students, meet new ones and start the school year off with a BANG!

For all of our new friends welcome to Glebe and welcome to Glebe Physical Education! We are committed to teaching skill themes, movement concepts and healthy habits that promote fitness and a physically active lifestyle. We are so glad you are here!

### Mr. Wayne Herninko

Wayne Herninko is starting his twenty-ninth year of teaching Health and Physical Education and his fourteenth year at Glebe Elementary. A native of the Philadelphia suburbs, "Mr. H." graduated from the University of Delaware in 1993 with his Bachelors degree in Health and Physical Education and earned his Masters in Organizational Leadership from Regent University in 2006. Mr. Herninko lives with his family in Prince William County and enjoys running, reading, leadership coaching as a side-hustle and searching Spotify for 80s song he didn't know he forgot.



### Mrs. Kelly Manchisi

Kelly Manchisi returns for her fourth year at Glebe, and her 12th year of teaching PE! She is originally from Cold Spring Harbor, New York, but now lives with her family in Arlington. Previously, Kelly was a PE teacher in Fairfax County. She graduated from James Madison University in 2010 with her Master's degree in Health and Physical Education. She is a NY Jets fan (unfortunately), a Taylor Swift fan, loves to hike and run, read, crochet, and spend time with her husband, two sons and dog!

### Ms. Lindsey Brizendine

Lindsey Brizendine is starting her 14th year of teaching PE! She is looking forward to spending Fridays with us. Ms. Brizendine, or "Ms. B", is originally from West Point, VA but now lives in Alexandria with her family. She attended the College of William and Mary and graduated in 2005 with a BS in Kinesiology. Ms. B is a huge fan of all sports, played basketball in college, enjoys listening to all genres of music and is looking forward to meeting the Glebe community.

## This Month in Physical Education...

During the Fall Months you children will participate in many unique games and activities. During that time we will focus on: safe movement, cooperation, teamwork and eye-hand/eye-foot coordination. Specifically, your children will be involved in the following:

### Grades K-2

Welcome and Procedures  
Spatial Awareness, Locomotor Skills  
Eye-Hand Coordination (throwing/catching)  
Eye-Foot Coordination (dribbling and kicking w/ foot)

### Grades 3-5

Welcome and Procedures  
Fitness Testing and Games  
Soccer Lead-Ups  
Eye-hand coordination



Home of the Eagle Trainers!

## Whose Class am I in?

PE Class is twice a week. Please remember to come dressed for physical activity!

See below for PE days:

<i>Mr. Herninko</i>	<i>Mrs. Manchisi</i>	<i>Ms. Brizendine</i>
	<b>Pre-K:</b> Terrill (Tu)	<b>Pre-K:</b> Terrill (F)
<b>Kind:</b> Burton (M/Th) Rutzen (Tu/F)	<b>Kind:</b> Gutowski (Tu/W) Sebastian (M/F)	
<b>1st Grade:</b> Are (Tu/Th) VanHook (Tu/W)	<b>1st Grade:</b> Huggler (Tu/Th) Carbo (M/W)	
<b>2nd Grade:</b> Redican (M/W) Beg (Th/F)	<b>2nd Grade:</b> Gallagher (M) Moustafa (Th/F)	<b>2nd Grade:</b> Gallagher (F)
<b>3rd Grade:</b> Cannon (W/Th)	<b>3rd Grade:</b> Arce (M/Th) Savitsky (Tu/F)	
<b>4th Grade:</b> Pertl (M/Th) Halttunen (W/F) Sydney (Th)	<b>4th Grade:</b> Mariani (W/Th)	<b>4th grade:</b> Sydney (F)
<b>5th Grade:</b> Fernandez (M/Tu) Nolan (Tu)	<b>5th Grade:</b> Jones (Tu/F) Greene (M/W)	<b>5th grade:</b> Nolan (F)

### Physical Education Website:

Can be accessed through the GLEBE WEBSITE

[under "Curriculum"]

We update it approximately every grading period with pictures, videos and activities from our PE classes.

Come Check Us Out!

### Glebe Elementary School

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**@GlebePE**

## What's Proper for P.E.?

### Physical Education Back to School Checklist

There are a few items that the Eagle Trainers would like every student to wear when they come to P.E.

Please make sure that you know which days your child attends PE (see above) so that they can come prepared to learn and play.

### Athletic Shoes

- No sandals, Heelies, Slip-ons or Crocs, PLEASE, for safety reasons.
- Shoes must cover the toes and top of foot.

### Pants or Shorts

Skorts are fine as well!

# WELCOME TO GLEBE!