

Physical Education  
Welcome Back! – August 2010  
Miss Roxanne

## **Elementary**

The PE Class and Grading Policies were sent home for both the parents and students to read. These forms are not returned but kept to remember how students receive their grades. Displaying good sportsmanship and attitudes are easy to do! Lessons are modified to ensure that every student succeeds.

A water fountain will be available on a limited basis during class. Water bottles are not required, but are strongly recommended. They will be available for purchase for \$1 each. All proceeds will be used to purchase additional Physical Education equipment.

**Kindergarten and 1<sup>st</sup> Grade** – These students will begin working on their locomotion skills - walking, running, leaping, jumping, hopping, skipping, galloping, and sliding. They will also use playground balls to improve their hand-eye coordination. Their next unit will be Hula-Hoops.

**Second through 6<sup>th</sup> Grade** – These students will be taught the Philippine Folk Dance, Tinikling. They will work on a 1-2-3 beat and dancing in between poles. Teamwork and cooperation are emphasized.

With their next unit, students will play movement games such as Straddle Ball, Inside Ball Tag, Trees, Midnight, Spider in the Web, and more. They will have to stay in the set boundaries. They will also use playground balls to play Bounce Ball, Box Ball, and Pin Knockout to reinforce their hand-eye coordination.

Continuous Running Goals (to be completed by the end of May) –

Kindergarten – 5 minutes one time  
1<sup>st</sup> Grade – 6 minutes one time  
2<sup>nd</sup> and 3<sup>rd</sup> – 8 minutes two times  
4<sup>th</sup> and 5<sup>th</sup> – 12 minutes three times  
6<sup>th</sup> – 15 minutes three times

Remember to wear shorts/pants, sneakers with ankle support, and your water bottle on your PE days!