

What's Happening in P.E. in the Month of April?



The month of April was about many fun, cooperative games. These games and activities involved a great deal of teamwork, cooperation, listening skills, following directions, and strategic planning. The students have really seemed to enjoy the Cooperative Games unit.

Fitness testing practice will begin this month for grades 1-5. At Meadowbrook the President's Challenge Physical Fitness Program is still used to determine fitness levels for students in grades 1-5. The tests that the students will take are the sit-and-reach test for flexibility, the shuttle run for agility, the sit-up/curl-up test measuring abdominal strength, the pull-up or flexed arm hang test used to measure upper body strength and a distance run test to measure cardiovascular endurance. I do practice some of these tests with the kindergartners, but they do not receive fitness scores for each practice test.

We will also be participating in a "Kids Heart Challenge" which used to be labeled "Jump Rope for Heart" sponsored by the American Heart Association. Look for information in next week's Thursday folder about donating to the American Heart Association.

Hopefully, soon, we will be able to get out and enjoy some great weather! Family walks, bike riding or joining the Waukesha Education Foundation run/walk event are great ways to spend quality family time and get exercise. More information regarding the W.E.F. run/walk can be found on the School District of Waukesha web page.

If you ever have any questions or concerns regarding physical education, please feel free to contact me;
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