

Physical Education Newsletter

October

Mr. Fisher

Kindergarten	Manipulatives (Bean Bags, Scarves, Hula Hoops, Deck Rings)
1 st Grade	Manipulatives (Bean Bags, Scarves, Hula Hoops, Deck Rings)
2 nd Grade	Goal Setting Fitness Testing
3 rd Grade	Goal Setting Fitness Testing
4 th Grade	Goal Setting Fitness Testing
5 th Grade	Goal Setting Fitness Testing

Hello Meadowbrook Families!

September was exciting and full of surprises with the weather. Fortunately, we were able to go outside often so instead of goal setting, we had a soccer unit. We learned about dribbling with our feet, controlling the ball, passing, and practiced a little game-play with offense and defense.

Over the next few weeks, the younger students will be learning about manipulative movements such as volleying, throwing, and catching. We will also learn about movement concepts.

The older students will be learning about goal setting through different physical activities. Push-ups, curl-ups, running in the pacer, and stretching will be part of physical fitness tests. These will help contribute to the components of physical fitness which includes cardiovascular endurance, muscular strength, muscular endurance, and flexibility. We will perform the tests in the spring to see how we did in achieving our goals through the SMART process: Specific, Measurable, Attainable, Relevant, and Time-bound.

I am excited to continue building relationships with these students and helping them learn to value their health.

Let's all be physically active!

Quenten Fisher