



What's Happening in P.E. in December?

During the past month students have focused on various activities that enhance hand-eye coordination, motor skill development, and applying strategies and concepts to game play.

Grades K-2 worked on throwing and catching skills that incorporated aim, accuracy, and using the correct body mechanics. Point, step, and throw are often heard during games like "Shipwrecked", "Shipwrecked X 4" and "Money in the Bank." We also continue to work on cardio-endurance activities like partner running, jump rope, and tagging games. Remember, fitness equipment such as Bosu balls, jump ropes, pedometers, etc. all make great Christmas gifts for children to spark their interest in staying fit.

Grades 3-5 just finished a volleyball unit and will be moving on to basketball. Volleyball is a great game for developing hand-eye coordination, learning to work as a team, and applying game strategies. The students really enjoyed playing a lead-up game called "Elimination".

Students in grades 1-5 participated in the PACER test. The word PACER is an acronym for Progressive Aerobic Capacity Endurance Run. This assessment is a means of measuring cardio-endurance as well as muscular strength. Students in grades 4-5 run 20 meter laps and first, second, and third graders run 15 meter laps. The time between lap levels decreases by .5 seconds as the students continue to run. The objective is to be able to set a pace and stay in the run as long as possible hence building endurance. The PACER test is one of the components for assessing Standard 3: Students will engage regularly in health-enhancing levels of physical activity. I also use it as one component for assessing Standard 5: Effort.

Lastly, the winners of the Elks' Free Throw Contest have been determined. Congratulations to the boys 8-9 year old winner, Vinnie Osmanski, the girls 8-9 year old winner, Ashlee Barry, as well as the 10-11 year old winners, Maddy Farmer for the girls and Tyler Johannik for the boys. Good luck to these students as they represent Meadowbrook in the city contest on Saturday, December 8th.

If you have questions or concerns, please contact me at tstencil@waukesha.k12.wi.us or 262-970-2064. Have a safe and enjoyable Christmas!